

Mood disorders in rural community in El-Menia, Egypt

Kamal, Ahmad M.

Menia Univ. (EGY). Fac. of Med.

**Ain-Shams International Congress in Psychiatry : Towards Global Patient's Care. 3rd. Luxor (EGY).
Mar 5-6, 2007**

Epidemiological information about mood disorders would be particularly useful, since they are not only quite common, but also thought to be influenced by environmental conditions. The World Health Organization Collaborative Study on Depression revealed substantial cross cultural differences in symptom presentation, affect conceptualization and level of severity, thus necessitating studies about mood disorders in different communities. The aims of the current study are to detect the prevalence of mood disorders in a rural community in EL-Menia Governorate, Egypt. In addition, the study tried to detect the sociodemographic variables associated with mood disorders, the effect of mood disorders on the quality of life, together with aspects of the help seeking behavior associated with different mood disorders. Nine hundreds randomly selected individuals in the age group 18-60 were interviewed for the presence of mood disorders.

Detailed sociodemographic data were collected and the following tools were used : Part one of The Schedules for Clinical Assessment in Neuropsychiatry (SCAN), Range of Impaired Functioning Tool (LIFERIFT) and Help Seeking Behavior Questionnaire.

The results showed that the lifetime prevalence of mood disorders in the whole sample was 18.3%. The lifetime prevalence of major depressive disorder (MDD), either single episode or recurrent, was 16.7%, while dysthymia was 1.3 and bipolar disorder (BPD) was 0.3%. Mood disorders were more prevalent in females.