

An epidemiological study of anxiety disorders in a rural community in El-Menia Governorate, Egypt

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

The aim of the current study were to detect the prevalence of different anxiety disorders in a rural community in El-Menia Governorate, Egypt. In addition, the study tried to detect the sociodemographic variables associated with anxiety disorders, and the effect of anxiety disorders on the quality of life together with aspects of the help seeking behavior associated with different anxiety disorders. Nine hundred randomly selected individuals in the age group 18-60 were interviewed for the presence of anxiety 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 (LIFE-RIFT) and help seeking behavior questionnaire. Statistical analysis was done using SPSS. The results of the study showed that the total number of individuals affected by anxiety disorders through their lifetime was 138 individuals. 29% of individuals with any anxiety disorder had more than one anxiety diagnosis.

Anxiety disorders occurred more commonly in females (69%) than in males (31%). The most prevalent disorder was Specific Phobia (5.44%), followed by panic disorder (5.11%), generalized anxiety disorder (4.66%), social phobia (2.33%), panic disorder with agoraphobia (0.77%), obsessive compulsive disorder (0.77%), posttraumatic stress disorder (0.66%), agoraphobia without history of panic (0.33%).