

Somatic symptoms in depressive and anxiety disorders

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

Thesis ; M.Sc. 2001

This study aimed to evaluate the somatic symptoms profile in patients with anxiety and depressive disorders.

Two groups of patients were included : Depressive group (30 patients) and anxiety disorders group (30 patients).

The patients were diagnosed according to the ICD-10 and were subjected to symptom checklist (SCL-90-R), somatic symptoms checklist of the CIDI and the Arabic Version of Toronto

Alexithymia Scale.

The study concluded that somatic symptoms are frequent in both anxiety and depressive disorders with a somatic symptoms profile characteristic for each.