

Anxiety, depression and their somatic symptoms profile : Are they different?

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This study aimed to detect the most prominent somatic symptoms in anxiety and depression and elaborate the difference between anxiety and depression concerning the presenting somatic symptoms. Thirty patients diagnosed as depression and another 30 cases diagnosed as generalized anxiety disorder according to the criteria described by DSM-1V-TR were included in the study. The most frequent somatic symptoms in both diseases were reported. The study concluded that the feasibility of differentiating anxiety from depression in clinical samples based on the somatic symptoms is very low.