

Anxiety disorders in a private psychiatric outpatient clinic in Western Saudi, epidemiology and co morbidity

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In Saudi Arabia, very little is known about the prevalence of anxiety disorders, especially in private clinics in spite that Saudi patients usually prefer private clinics than mental hospitals. The aim of this study was to assess the prevalence of anxiety disorders in one of the private outpatients clinics in Saudi Arabia through a period of one year. All patients asked medical advice at the psychiatric outpatient clinic were subjected to clinical interview for diagnosis of anxiety disorder subtypes according to the DSMV1 anxiety disorders collectively constituted 36.2% of total patients, Individually generalized anxiety 7.2%, social phobia 8.6%, panic disorder 11.3%, OCD 8.6%, specific phobia 0.5% and no cases with post traumatic stress disorder. Generalized anxiety, social phobia and specific phobia were more common in males while panic disorder and OCD were more common in females. In co morbidity, generalized anxiety and OCD more likely to be co morbid with other types of anxiety disorders panic disorder and social phobia more likely to be co morbid with major depression.