

Social phobia among patients attending the outpatient clinics of buraydah mental health hospital, Al-Gassim, KSA

El-Tantawi, Ashraf M. Raya, Yaser M. El-

Current Psychiatry. Ain Shams University (Print).

2010 v17 n2

To investigate the prevalence, demographic and clinical characteristics, avoidant personality disorder and personality dimensions, co-morbidity of depressive disorders, quality of life and disability of social phobia among Saudi patients.

We screened patients attending Buraydah Mental Health Hospital, outpatient clinics, Al-Gassim, Saudi Arabia, using Social Phobia Inventory. We examined rates of social phobia subtypes defined generalized and specific among patients. ICD-10 criteria were used to diagnose social phobia, depressive disorders and avoidant personality disorder. SF-36 and WHO/ DAS II were applied to assess quality of life (QOL) and disability. Thirty healthy subjects were selected under the study for comparison.

We found that one month prevalence of social phobia is 5.63% among the outpatient attendees. The disorder in our patients tends to be generalized subtype (95.35%). Depressive disorders were higher among patients than t control group (20.93% vs. 6.67%) with dysthymic disorder higher than major depression among social phobia patients (13.95% vs. 6.98%). Also, avoidant personality disorder was higher among patients than control group (9.30% vs. 3.33%). Patients with social phobia have a high level of neuroticism and a low level of extroversion with a marked disability and low QOL.

Social phobia is a major mental health problem and is associated with marked disability and low QOL. The knowledge and skills of the clinicians must be improved regarding early detection and prevention of consequences.