

# Prevalence of common mental disorders in general practice in Europe



Ruth Kalda  
University of Tartu  
Estonia

Euract council meeting, Cyprus,  
10 Oct 2008

# Background

According to previous studies:

- Depression occurs in around 10% of general practice attendees
- The estimated prevalence of generalised anxiety disorder is 5–16%, and of panic disorder between 1.5 and 13%
- Most people with anxiety or depression will visit their general practitioner, whether or not they complain of their psychological symptoms



- **Main aim of the study:** to develop a risk index for onset of major depression over 12 months in European general practice attendees (PREDICT study)
- **Aim of the current study:** to compare prevalence of common mental disorders in general practice attendees in different European countries



# Method

- **Prospective** study in 6 European countries (Slovenia, Estonia, UK, Netherlands, Portugal, Spain) from April 2003-September 2004
- **Consecutive** general practice attendees 18-74 years of age

**Assessment of:** 1) major depression according to DSMIV (CIDI)

2) anxiety and panic syndrome in the previous six months (Patient Health Questionnaire (PHQ)).

3) risk factors (specially constructed and validated questionnaire)

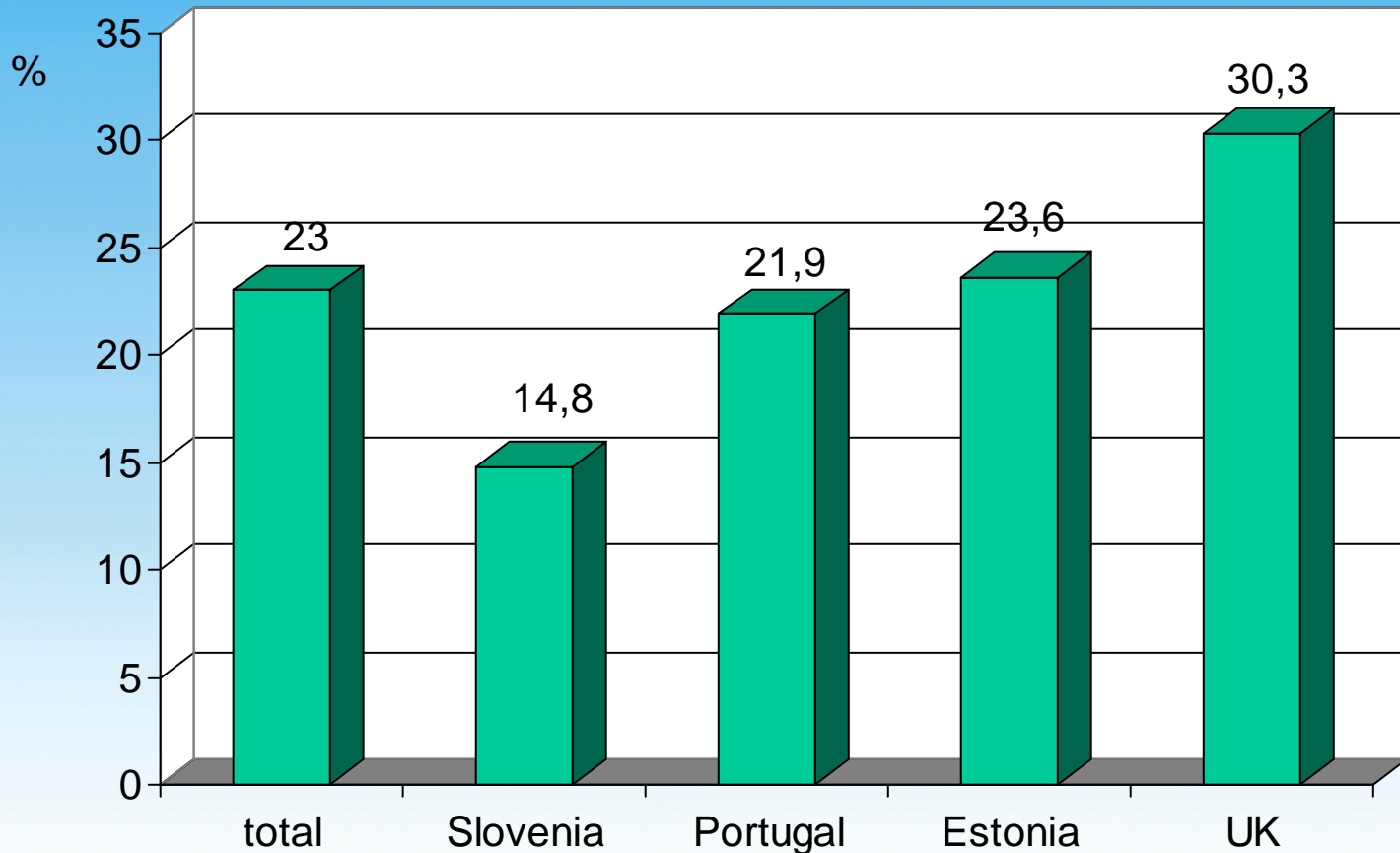


# Study population

- Total N = 7209 (60% of those approached)
- Male N= 2344 (33%)
- Female N= 4865 (67%)

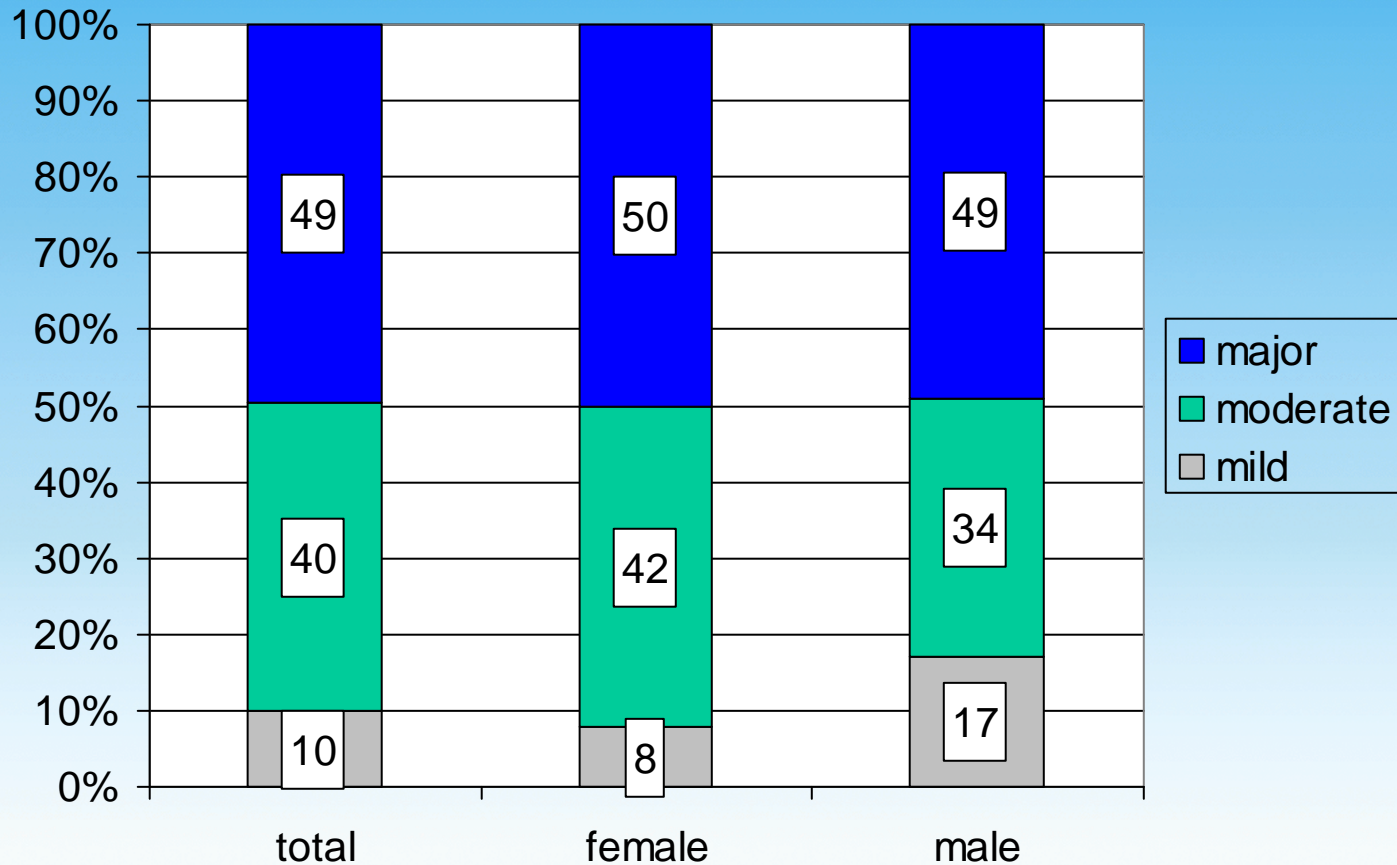


# Prevalence of depression during previous 6 months

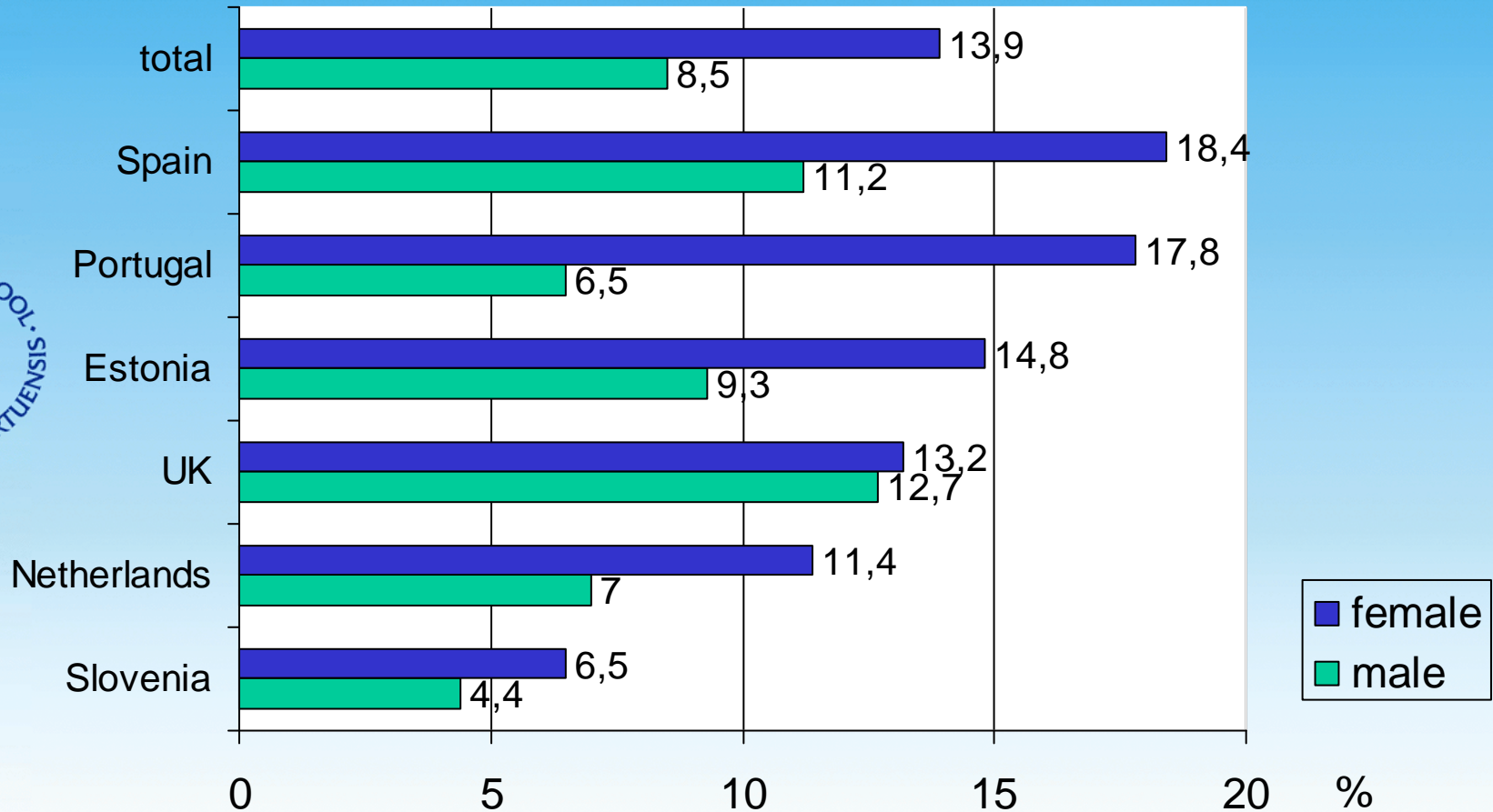


Euract council meeting, Cyprus,  
10 Oct 2008

# Severity of depression

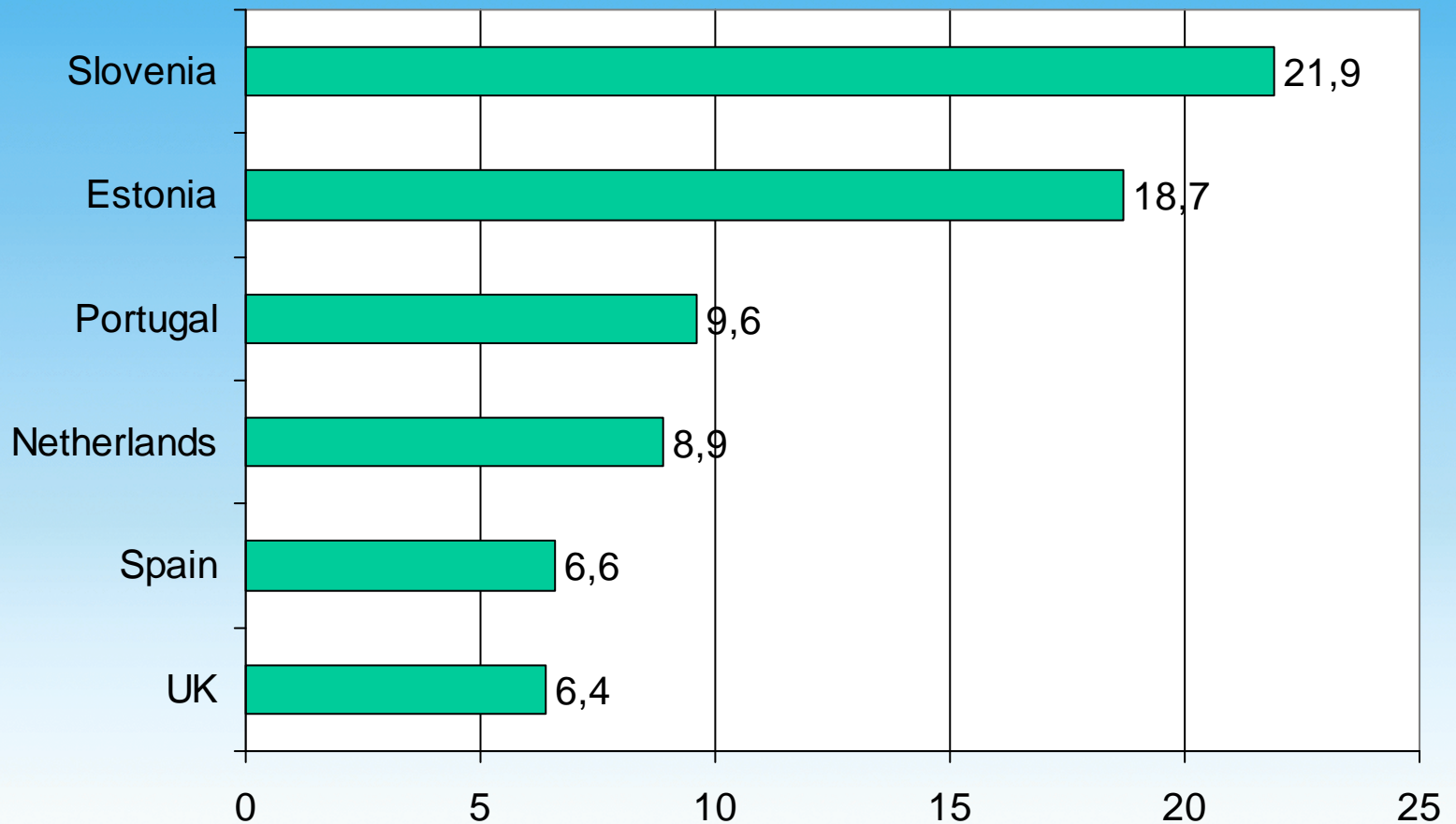


# Results: Prevalence of major depression in Europe

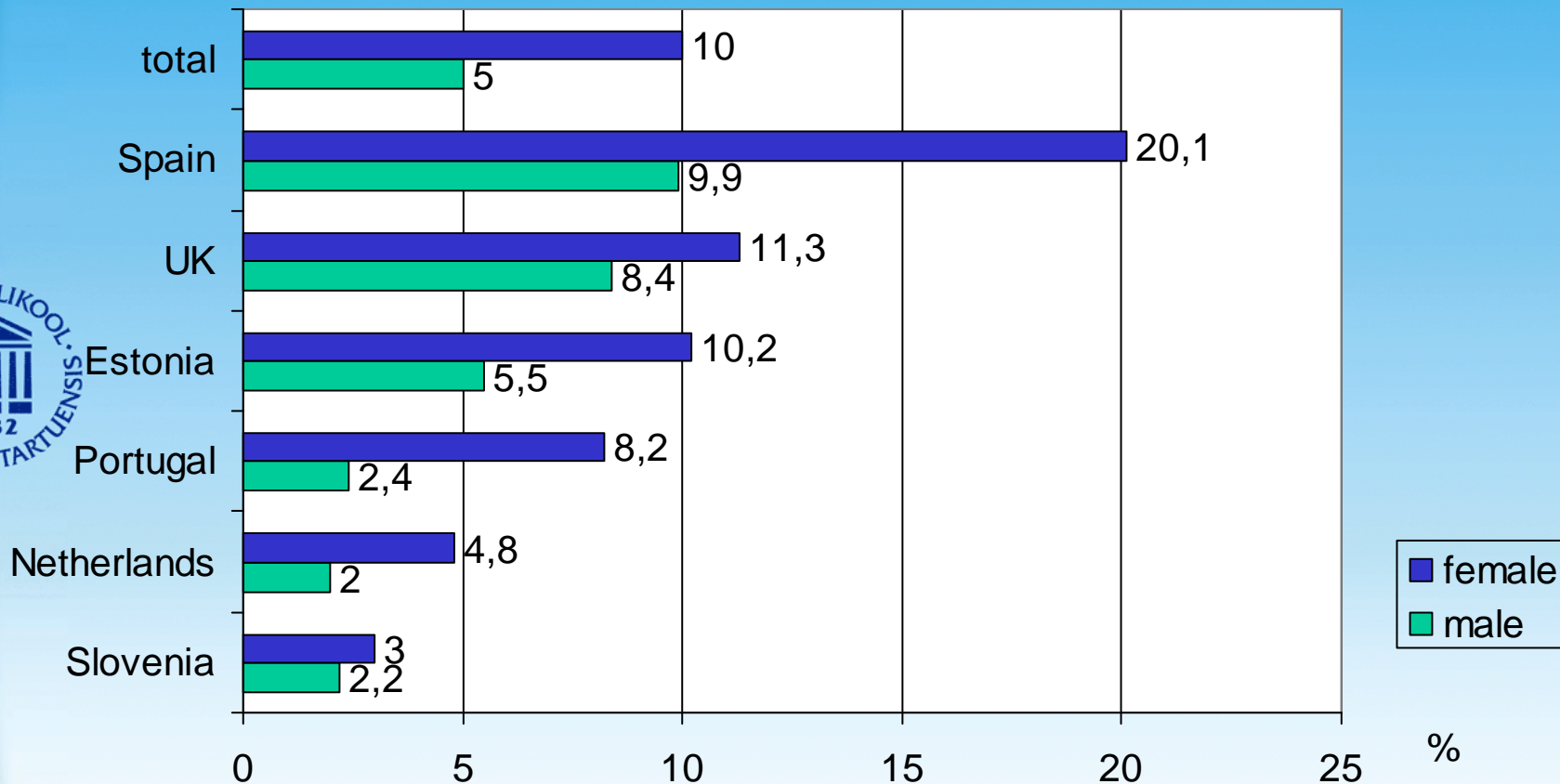


Euract council meeting, Cyprus,  
10 Oct 2008

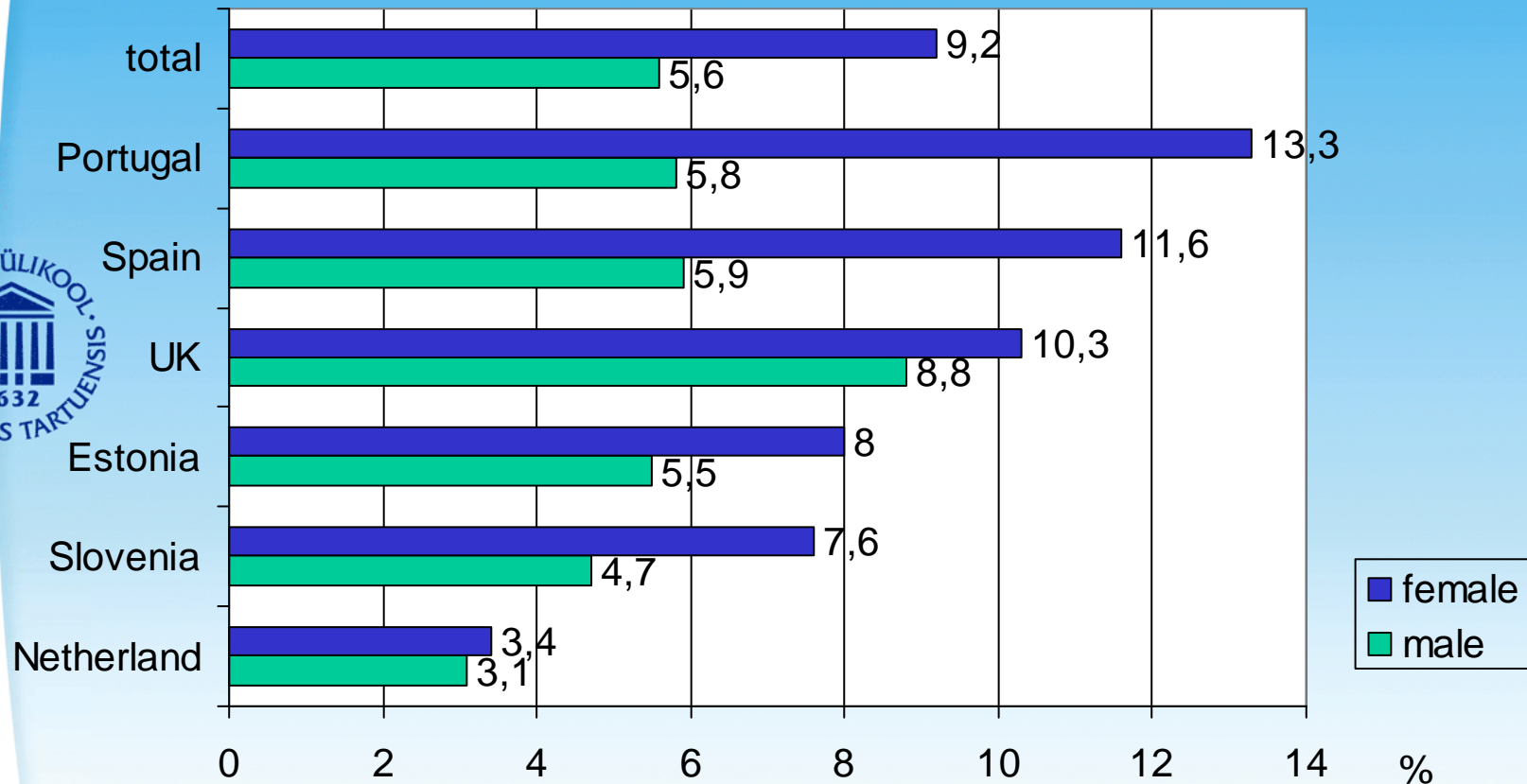
# Suicide and intentional self-harm, per 100000 (WHO mortality statistics, 2005)



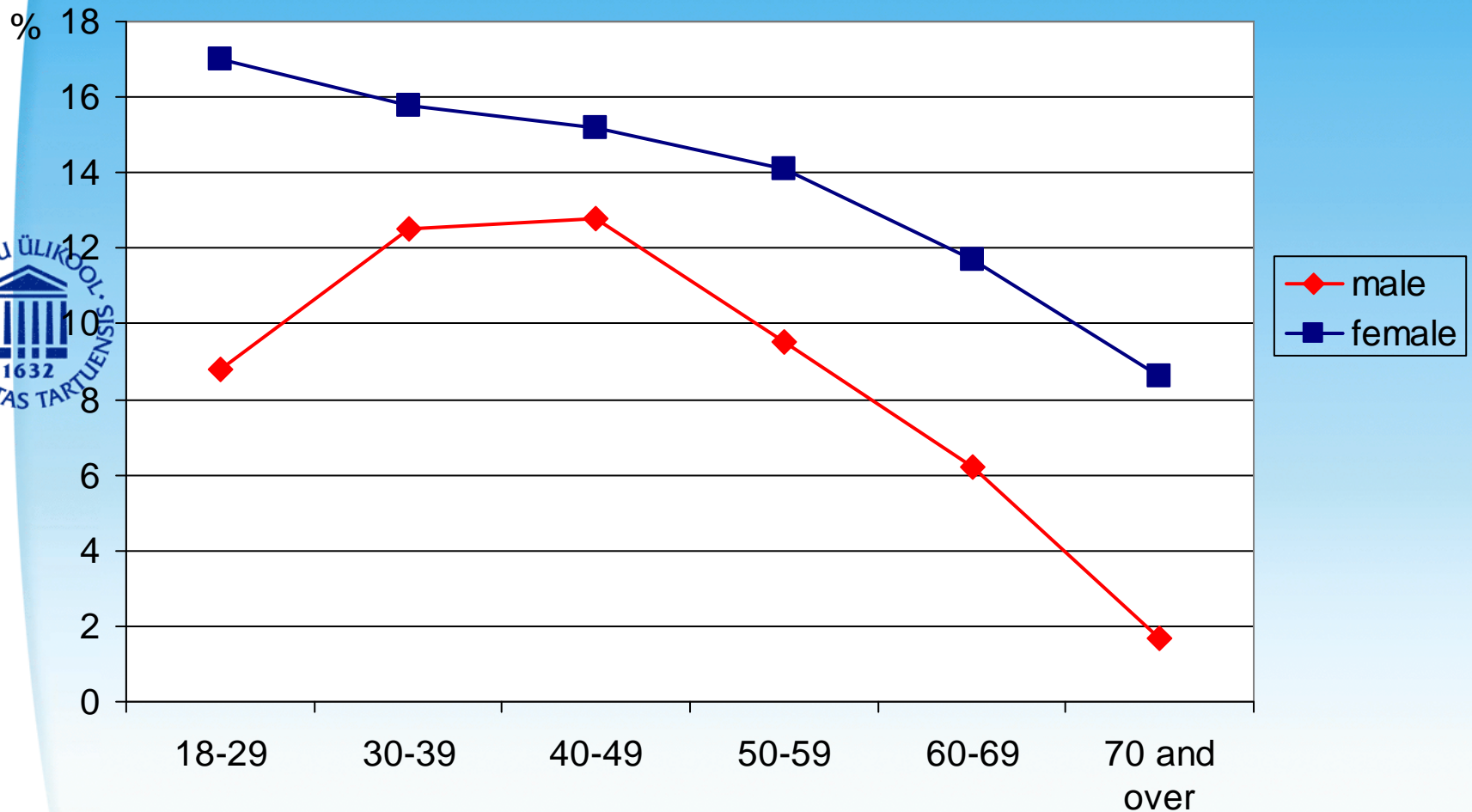
# Prevalence of anxiety syndrome



# Prevalence of panic syndrome

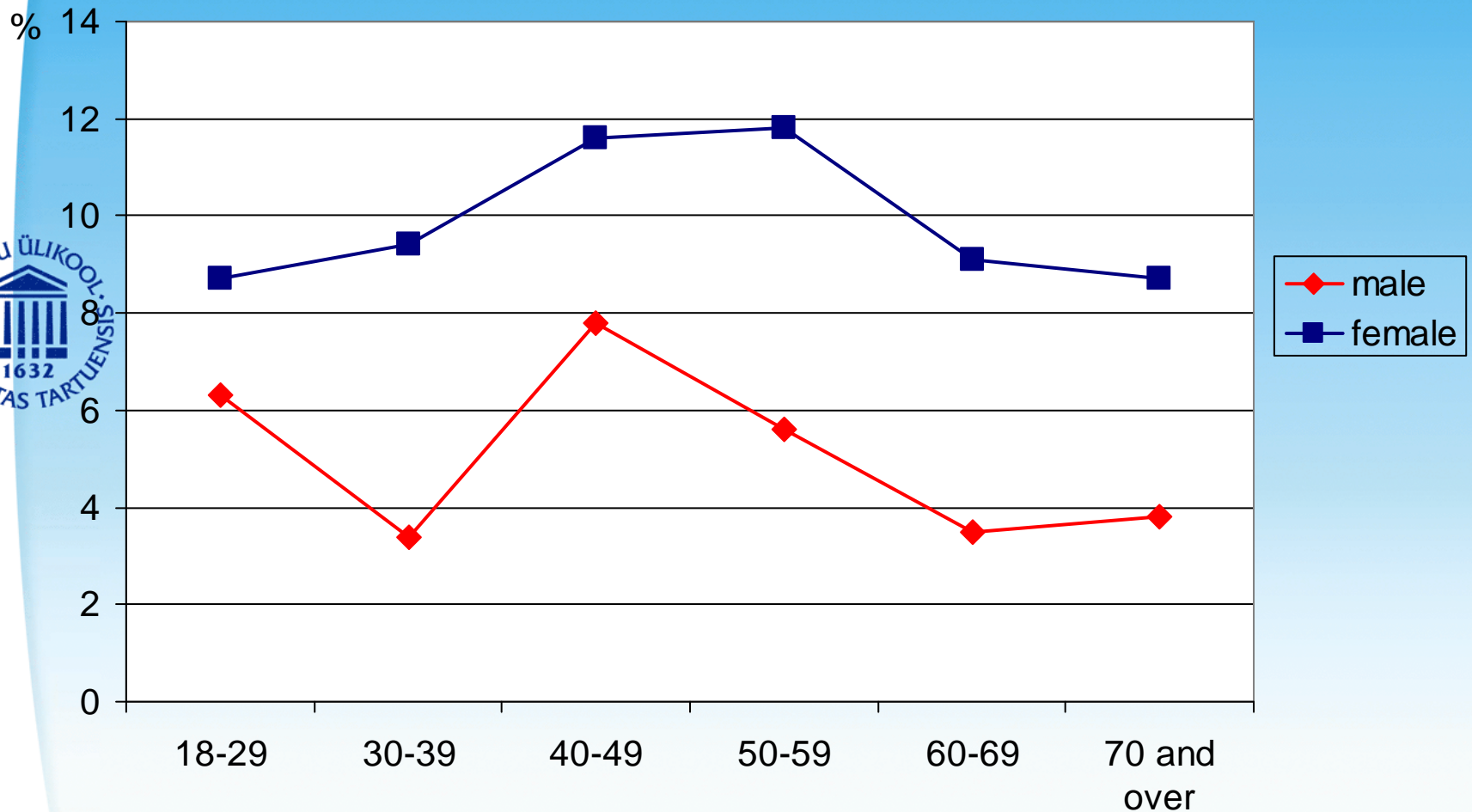


# Depression and age



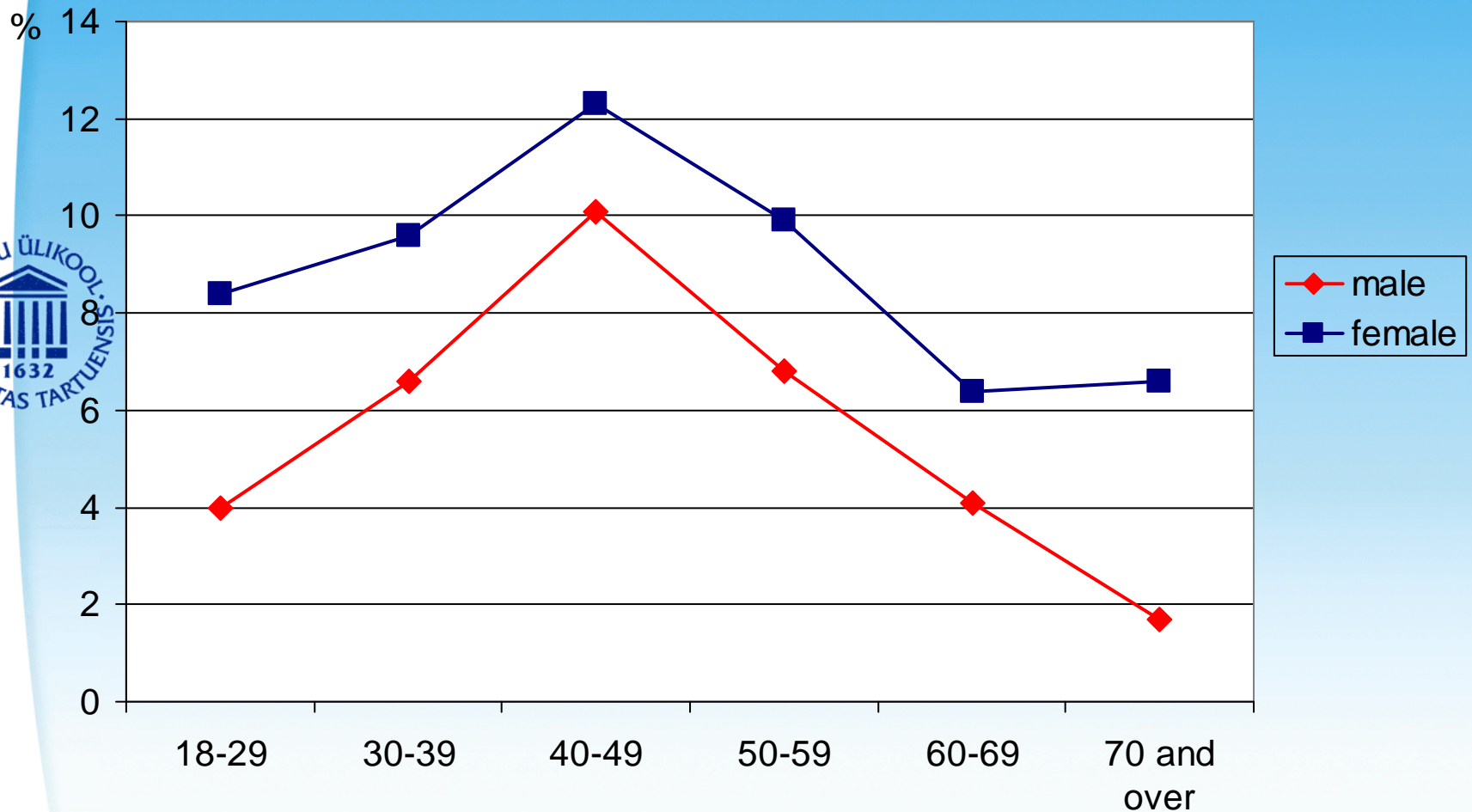
Euract council meeting, Cyprus,  
10 Oct 2008

# Anxiety and age



Euract council meeting, Cyprus,  
10 Oct 2008

# Panic syndrome and age



Euract council meeting, Cyprus,  
10 Oct 2008

# Conclusion

- Depression is more frequent problem than it was expected in general practice in Europe

Prevalence of common mental disorders in people attending their general practitioners varies significantly between European nations

- There is a significant variation in common mental disorders with age



# Feel free to read more...

- M King et al. Prevalence of common mental disorders in general practice attendees across Europe. Br J of Psychiatry 2008; 192: 362-367
- M King et al. Prediction of depression in European general practice attendees: the PREDICT study. BMC Public Health 2006

