

The Typology of Depressions with Comorbid Other Mental Disorders

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Objectives: A substantial obstacle to carry out a timely diagnosis and an effective therapy of depressive disorders (DD) is their combination with other forms of pathologies. Specific difficulties occur in diagnosis and treatment of DD with comorbid other mental disorders.

Aim: The aim of the study was to investigate typologies of DD with comorbid anxious disorders, alcohol dependence, and personality disorders.

Methods: A complex of methods included clinical-psychopathological and psychometric methods with application of the Hamilton Depression Rating Scale and Hamilton Anxiety Rating Scale. In the study 189 patients with DD (F32.0-F32.1) accompanied by anxious disorders (F41.0 and F41.1), personality disorders (F60.3 and F60.0), and alcohol dependence (F10.20) were examined. The control group consisted of 52 patients with DD without comorbid pathology.

Results: It was demonstrated that patients with comorbid anxious disorders predominantly had senesthopathic-hypochondriac depression (42.9%, $p < 0.05$) with an expressed somatization, somatic anxiety, and hypochondriac equivalents. For DD with comorbid personality disorders a clinical picture of depression was determined by a predominance of mournful (41.8%) and obsessive (32.7%) variants with anhedonia and obsessive-compulsive symptoms. Depression with comorbid alcohol dependence was characterized with a presence of asthenic-nergic (24.0%) and apathic-ardynamical (21.3%) variants with expressed somatic-vegetative manifestations.

Conclusions: These results stipulate a necessity of using of differentiated approaches to pharmacotherapy and psychotherapy in patients with comorbid DD.