

## Mental Disorders and General Medical Conditions in Primary Care

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### BACKGROUND

Studies on mental disorders (MD) in association with general medical conditions in primary care (PC) are scarce.

THE AIM OF THE STUDY was to find the rate and co-morbidity of MD, and general medical conditions in PC.

### METHODS

998 consecutive adult PC patients (678 (67.9%) women and 320 (32.1%) men) were evaluated for psychiatric disorders, using MINI International Neuropsychiatric Interview (MINI). Information on the clinical diagnoses and treatment was obtained from the patient's medical records.

### RESULTS

Major depressive episode (MDE) was found in 15.2%, anxiety disorders were found in 26.3% (generalized anxiety disorder in 18.1%, suicidality in 6.1% and alcohol misuse in 34.8%) PC patients, according MINI. Of all respondents, 266 (26.7%) were diagnosed as having at least one current MD (or MDE, or one of four anxiety disorders): 60 (18.8%) of men and 206 (30.4%) of women ( $p < 0.001$ ). The anxiety disorders were stronger associated with psychiatric treatment in women (OR=2.94; 95% CI 2.0-4.33), particularly in the category of cardiovascular diseases (OR=2.32; 95% CI 1.09-4.94), but there was also a significant association with diabetes mellitus in men (OR=5.54; 95% CI 1.6-19.18). The most common reasons for patients to seek a PC doctor consultation were cardiovascular diseases (31.5%), administrative/"no complaints" cases (17.6%), acute respiratory tract disease (10.4%), muscle-skeletal/connective tissue disease (6.9%).

### CONCLUSIONS

Our findings suggest that MD are highly prevalent and co-morbid with each other, and with general medical conditions in PC. MD are prevalent and co-morbid in administrative/ "no complaints" PC attendees.