Prevalence of common mental disorders in general practice in Europe

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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

<table>
<thead>
<tr>
<th>Country</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>23%</td>
</tr>
<tr>
<td>Slovenia</td>
<td>14.8%</td>
</tr>
<tr>
<td>Portugal</td>
<td>21.9%</td>
</tr>
<tr>
<td>Estonia</td>
<td>23.6%</td>
</tr>
<tr>
<td>UK</td>
<td>30.3%</td>
</tr>
</tbody>
</table>
Severity of depression

Euract council meeting, Cyprus,
10 Oct 2008
Results: Prevalence of major depression in Europe

- Total: 13.9%
- Spain: 18.4%
- Portugal: 17.8%
- Estonia: 14.8%
- UK: 13.2%
- Netherlands: 11.4%
- Slovenia: 10.9%

Female
Male

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

- Slovenia: 21.9
- Estonia: 18.7
- Portugal: 9.6
- Netherlands: 8.9
- Spain: 6.6
- UK: 6.4

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Prevalence of anxiety syndrome

<table>
<thead>
<tr>
<th>Country</th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
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</thead>
<tbody>
<tr>
<td>Spain</td>
<td>20.1</td>
<td>9.9</td>
<td>10.2</td>
</tr>
<tr>
<td>UK</td>
<td>11.3</td>
<td>8.4</td>
<td>2.9</td>
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<tr>
<td>Estonia</td>
<td>10.2</td>
<td>5.5</td>
<td>4.7</td>
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<tr>
<td>Portugal</td>
<td>8.2</td>
<td>2.4</td>
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<tr>
<td>Netherlands</td>
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<td>2.8</td>
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<tr>
<td>Slovenia</td>
<td>3.0</td>
<td>2.2</td>
<td>0.8</td>
</tr>
</tbody>
</table>

Euract council meeting, Cyprus,
10 Oct 2008
Depression and age

Euract council meeting, Cyprus, 10 Oct 2008
Anxiety and age
Panic syndrome and age
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
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