

Prevalence of Psychiatric Morbidity in the Primary Health Clinic Attendees in Kuwait

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Abstract

To estimate the prevalence of the comorbidity between common mental disorders (anxiety/depression/somatization) and common chronic physical illnesses among primary health care attendees and explore the relationship of comorbidity with the type of illness and socio-demographic characteristics. The Physical Health Questionnaires (PHQ-SADs) were directed to a randomized example of 1046 essential center participants in all the five governorates of the nation over a 5-month time frame. Physical diagnoses were ascertained by the attending physicians based on ICD-10 criteria. Of 1046 respondents, 442 (42.25%) had no less than one mental issue, while 670 (64.1%) had a physical ailment determination, viz: diabetes mellitus (37.01%), hypertension (34.18%), heart infections (7.2%) and non-chronic physical illnesses (9.4%). Physical comorbidity was significantly associated with older age, divorce, illiteracy, and poorer living conditions. 34.4% (360/1046) had physical-mental comorbidity while 53.7% (670) % had physical-mental comorbidity; and of 376 without physical disease, 82 (21.8%) had no less than one mental issue (OR = 4.1, P<0.001). The commonest comorbid mental disorders were somatization and the simultaneous presence of all 3 mental disorders. There was an increase in the prevalence of mental disorders with an increase in the number of physical illnesses, and increase in psychopathology scores with a number of physical comorbidities. Subjects with heart diseases and asthma consistently had higher psychopathology scores.

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Conclusion

The findings call for the primary care physicians to be sensitive to the psychosocial context of patients who present primarily with physical conditions; more so for patients with multiple medical illnesses and social disadvantage.

Biography

Muhammad Ajmal Zahid has done his MBBS from King Edward Medical College, Lahore. He is working as a Professor; Faculty of Medicine in Kuwait University, Kuwait. He has attended many international conferences and organized many workshops.

Speaker Publications

- Mohammad Azmal Zahid et al. Comparison of the problem based learning-driven with the traditional didactic-lecture-based curricula in June 2016

- Mohammad Azmal Zahid et al. Radiation awareness among nurses in nuclear medicine departments in March 2015
- Mohammad Azmal Zahid et al. Psychiatric Morbidity Among Housemaids in Kuwait III: Vulnerability June 2003.

Abstract Citation

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