

Epidemiology Thumb Nails

National Comorbidity Survey

Sample size: 8098

(Ages: 15-54)

	Total lifetime	Female	Male
Any Anxiety D/O	24.9	30.5	19.2
Any Affective D/O	19.3	23.9	14.7

Anxiety Disorders

Social Phobia	13.3	15.5	11.1
Simple Phobia	11.3	15.7	6.7
Agoraphobia (without Panic)	5.3	7.0	3.5
Panic	3.5	5.0	2.0
Generalized Anxiety D/O	5.1	6.6	3.6
Obsessive Compulsive D/O	2.5	2.9	2.0

OCD Symptom Types

Obsessions

Aggression:	68.7
Contamination:	57.7
Symmetry:	57.2
Somatic:	34.1
Hoarding:	30.2
Religious:	24.2
Sexual:	19.8

Compulsions

Checking:	80.7
Washing:	63.7
Repeating:	55.5

Affective Disorders

Major Depressive D/O	17.1	21.3	12.7
Bipolar D/O	1.4	1.7	1.6
Dysthymia	6.4	8.0	4.8

OCD and Tic Disorders

Tic Disorder with OCD	17 %
OCD with Tic Disorder	25-63 %

Percent of diagnostic groups seeking treatment

Agoraphobia 40 %
OCD 28%
Social phobia 8 %

Percent receiving CBT

Panic/Agoraphobia BT 15%
CT 17%

Comorbidity

39% of patients with depression have anxiety
44 % of patients with anxiety have depression

Remission rates for anxiety disorders

17 to 42 %

Relapse rates for panic

31 to 35 %

Costs

Suicide

13.3 % to 16 % of patients with anxiety and depression attempted suicide.
41.3 % of patients with social anxiety and depression attempted suicide
Suicide rates are 70 % higher when depression and anxiety are comorbid than in depression alone and 4 times higher than in patients suffering from panic disorder without depression.

Disability and days in bed

Depressive symptoms are second only to days in bed

Cardiovascular

-Increased risk of cardiovascular disease in men
-S/P MI patients with depression have a higher mortality rate
-Patients with 2 or more anxiety symptoms had more than 4 times the risk of sudden cardiac death than did those without these symptoms
83 % of patients with idiopathic cardiomyopathy compared with 0% to 6 % of patients with other diagnoses, met criteria for definite or probable Panic Disorder

Utilization of services

Patients with Panic Disorder have 7 Times as many visits to PCP.

- 41 % of patient presenting symptoms have a clear organic diagnosis
- 20 to 33 % of patients presenting in primary care have a DSM diagnosis
- 50 to 70 % of these patients initially present to their physicians with a complaint of physical symptoms
- Significant linear relationship between the number of medically unexplained symptoms patients experience over their lifetimes and the number of anxiety and depression disorders the have.
- 10 % of primary care patients account for 33 % of outpatient visits. 50 % of this group have high psychological distress

MDD= 65 %

GAD+ 40 %

Dysthymia=30 %

Panic Disorder= 22 %

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14 Common physical symptoms account for approximately 40% of all visits to the pcp
-Only 10- 15% of these were found to have an organic diagnosis