

Consecutive mental health patients of a family doctor in Shanghai – 6 years experience

Date: 13th January 2015

Time: 12:15

Location: UFH

Presenter: Lincoln Miyasaka



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Introduction:

- The prevalence of generalized anxiety disorder is estimated to be between 5 and 8 percent,
- and of depression 10-14 % in the primary care setting ^{[1] [2] [3]}.

- Annual spending with depression in the US has been estimated at 83 billion dollars [4], and 118 billion euros in Europe [5].

- **Globalization** has increased the population number of expatriates all over the globe, who are exposed to several stressors which are associated with increased chance of depression, anxiety and adjustment disorders [6]
- **Shanghai** has a large expatriate population – exceeding 173,000 in December 2012 [7]

Objective:

- To describe the **socio demographic profile** of the mental health patients seen by the author, in a family medicine outpatient setting in Shanghai, the most common **diagnosis** and **perceived causative factors**.
- To verify the presence or not of any **association of factors**.

Methodology:

- Design: This is a retrospective, descriptive study of consecutive patients with mental health
- Duration: May 2008 to May 2014
- Location: PH and UFH (International clinic and hospital in Shanghai)

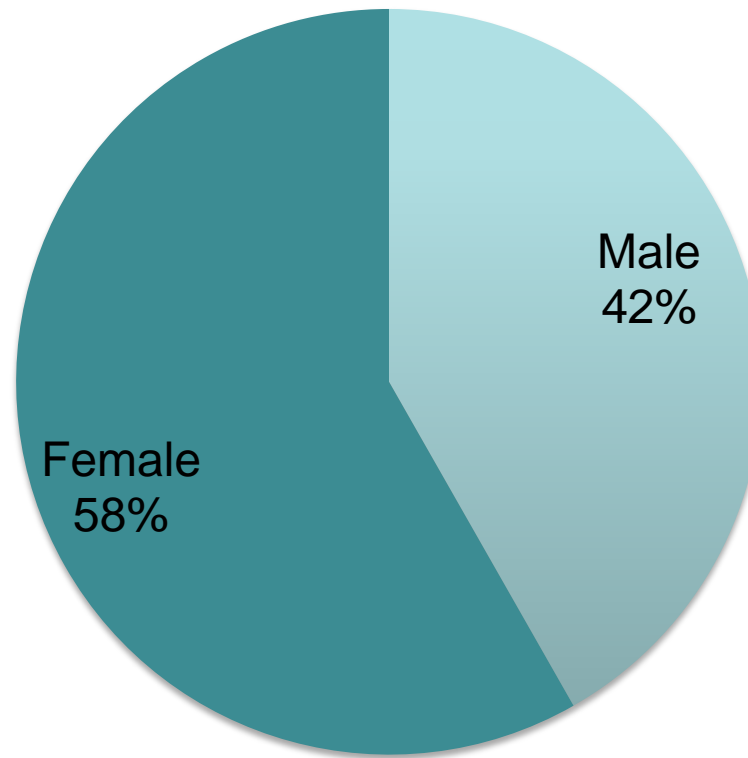
- Instruments: DSM-IV
- Data: sex, age, civil status, nationality, diagnosis and perceived reason

Statistical analysis:

- Diagnosis were grouped as follow:
- **1. Anxiety group:** generalized anxiety disorder, panic disorder, acute stress disorder, posttraumatic stress disorder, obsessive-compulsive disorder, phobia and social phobia.
- **2. Depression group:** major depressive disorder, dysthymia, and bipolar disorder.
- **3. Others:** remaining diagnosis.

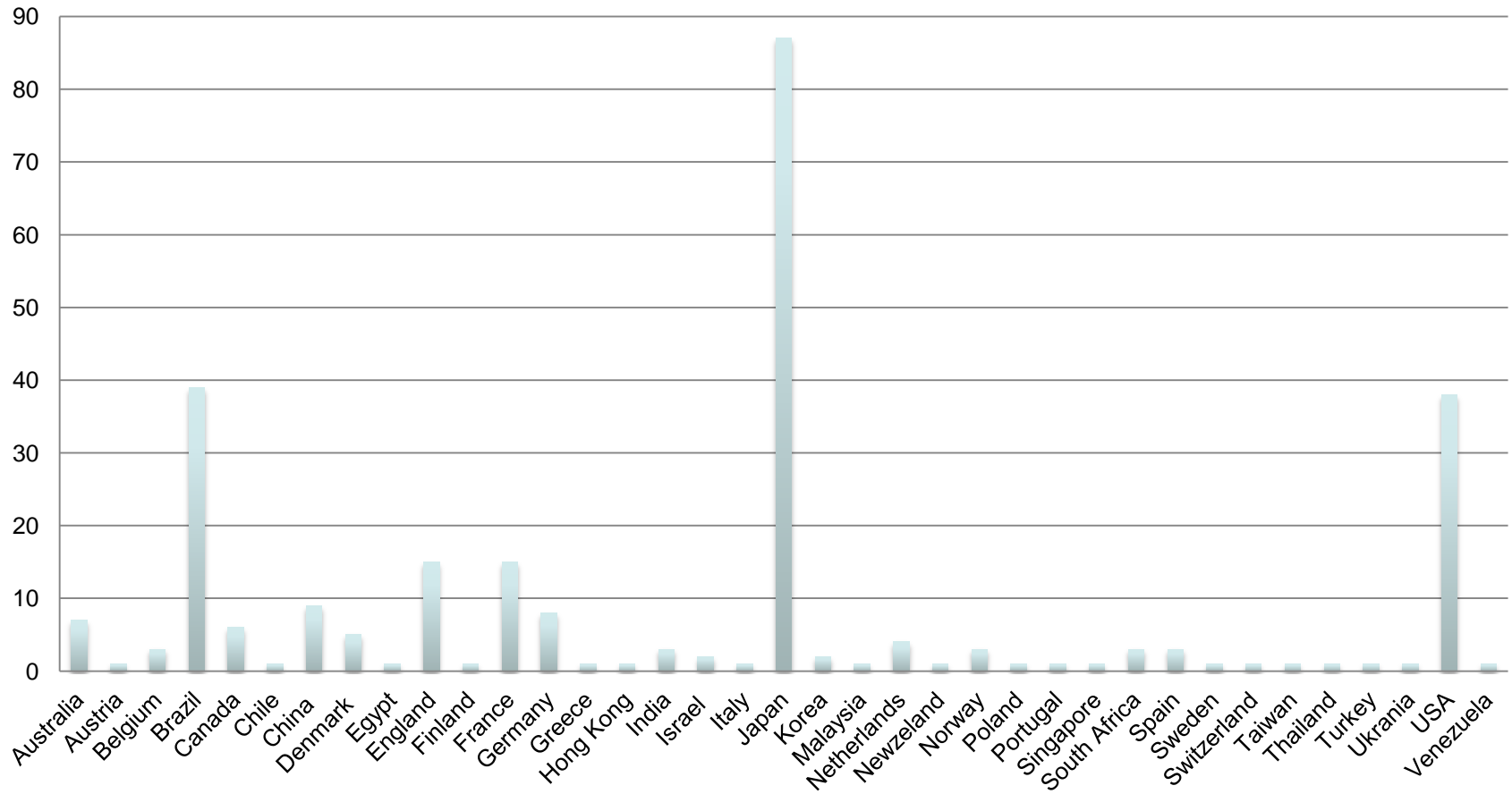
Results:

Gender



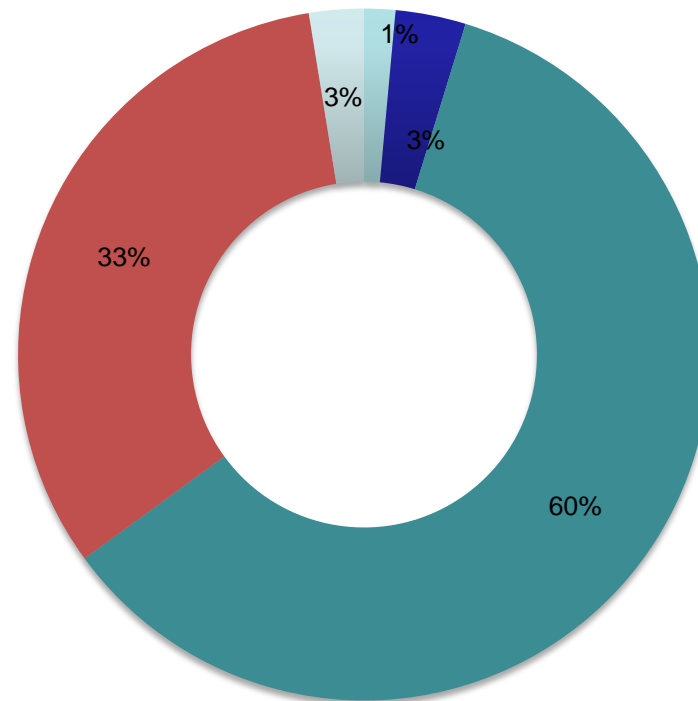
N=273

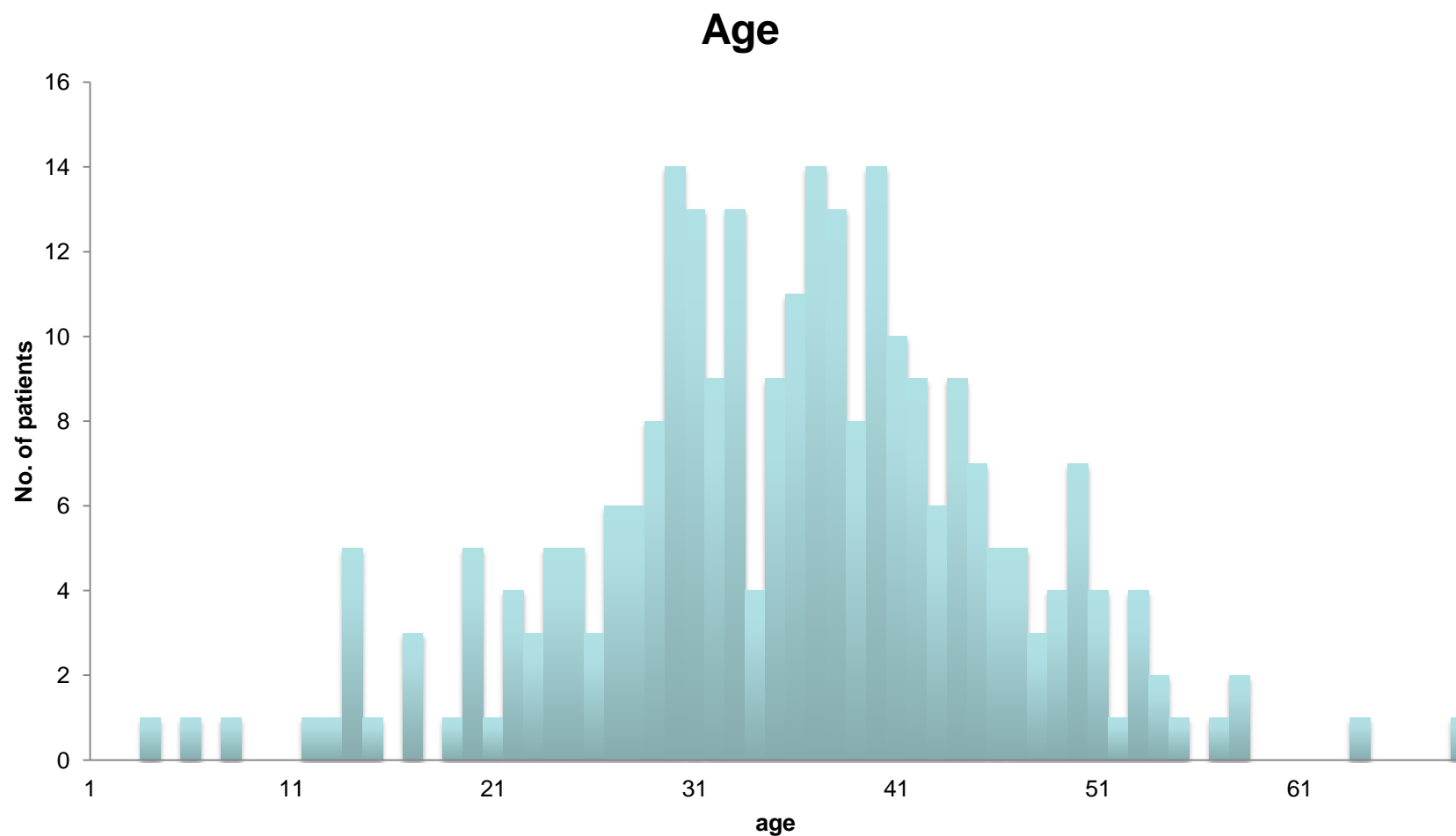
Nationality



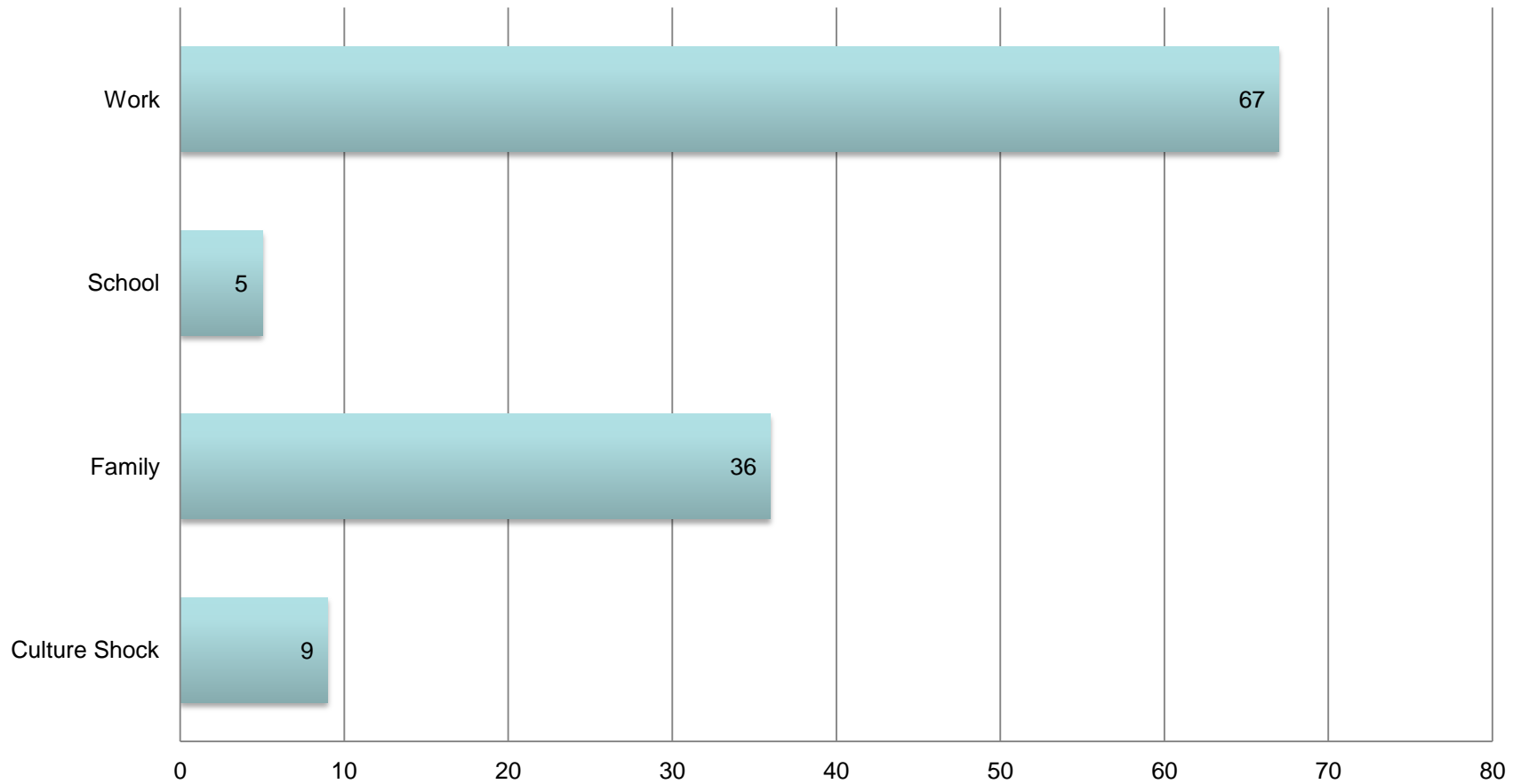
Civil Status

Coabitant Divorced Married Unmarried Unkown

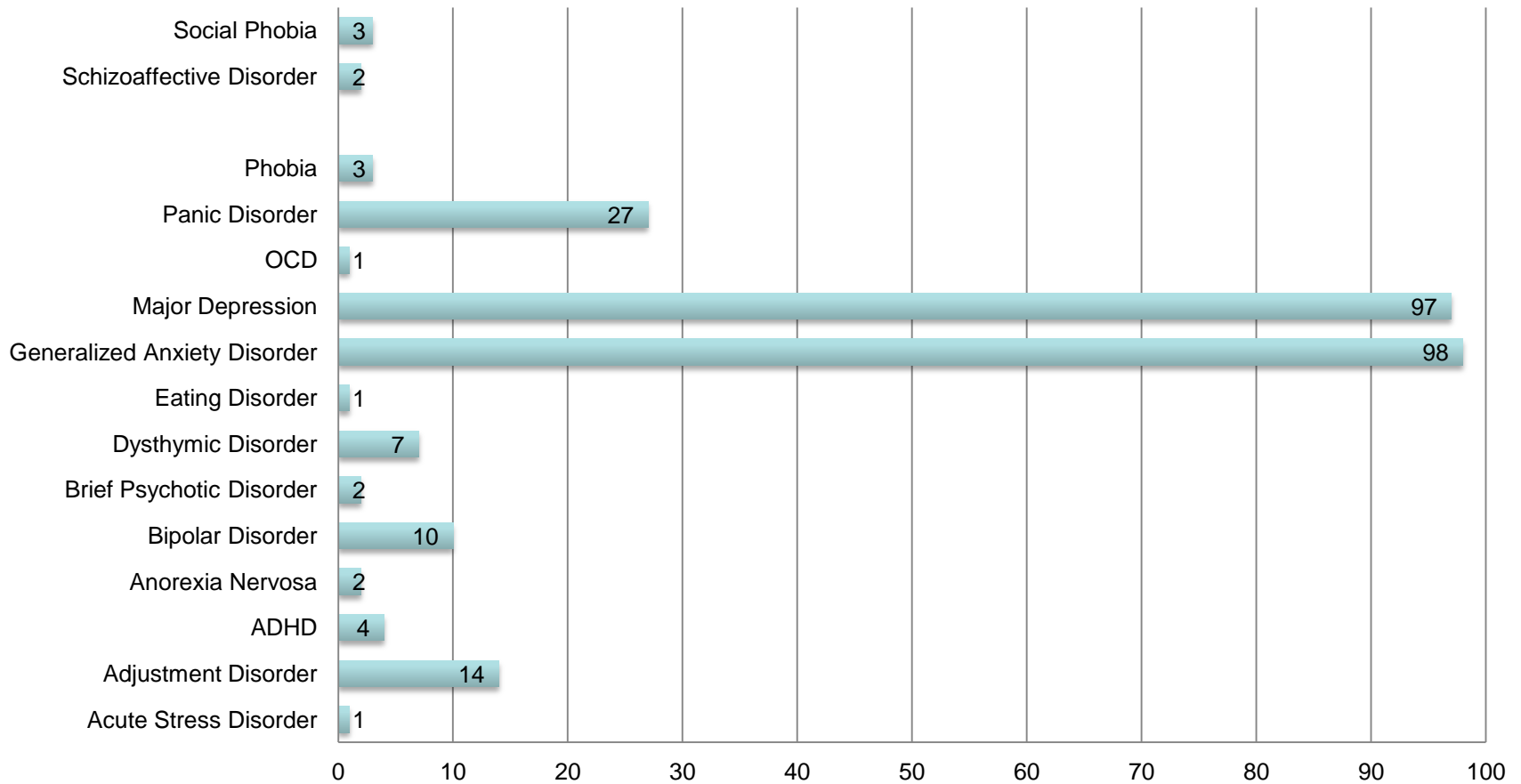




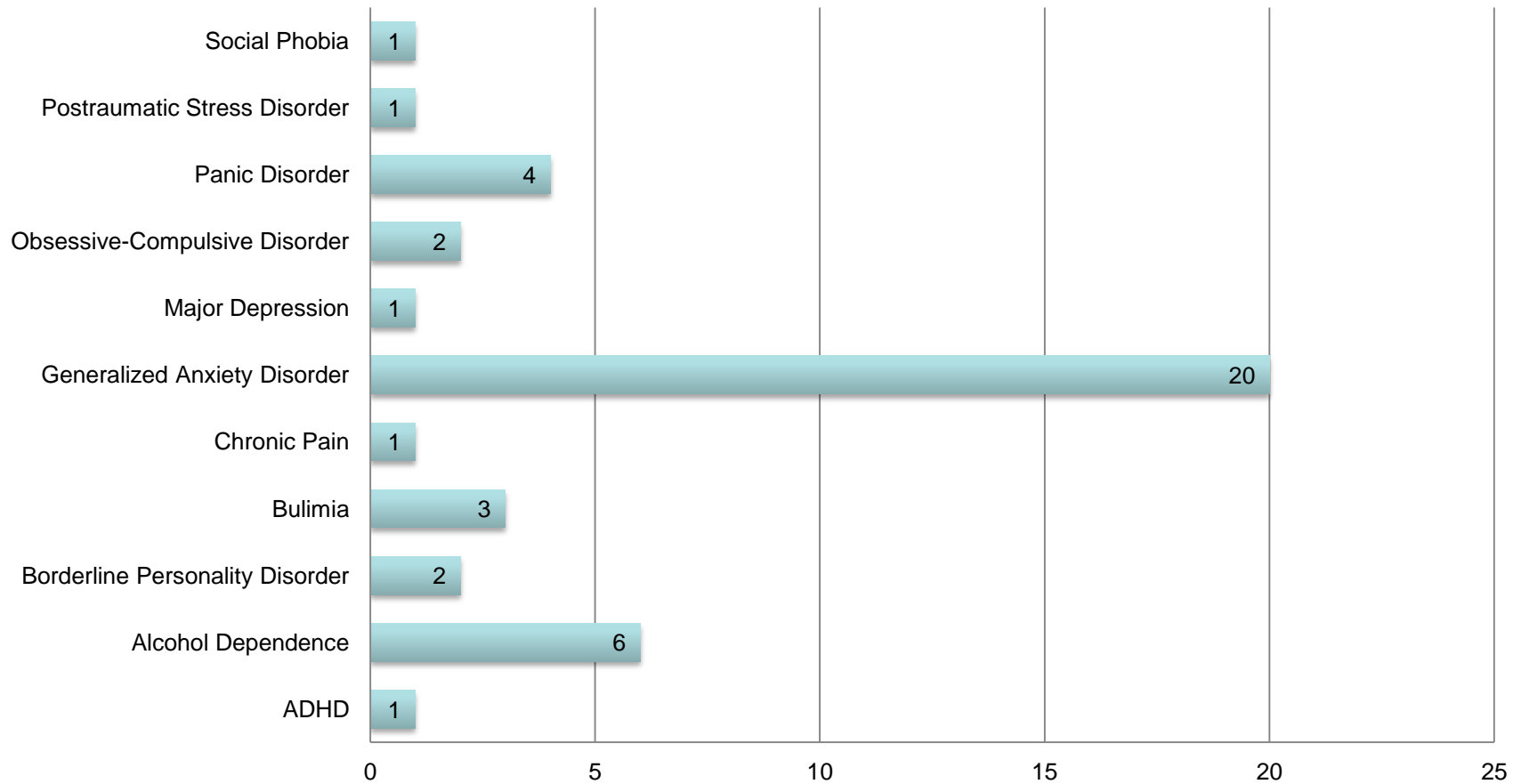
Perceived Cause



Diagnosis



Comorbidity



	ANXIETY			
	No N=138)	Yes (N=134)	Total N=272)	P value
Marital status				
Divorced	7 (77.8%)	2 (22.2%)	9 (3.4%)	
Married	75 (44.4%)	94 (55.6%)	169 (63.5%)	0.0062
Unmarried	55 (62.5%)	33 (37.5%)	88 (33.1%)	

Statistical analysis

	Anxiety			
	No (N=138)	Yes (N=134)	Total (N=272)	p value (Chi-Square)
Cause:work				
No	114 (55.6%)	91 (44.4%)	205 (75.4%)	
Yes	24 (35.8%)	43 (64.2%)	67 (24.6%)	0.00492

Comments:

- This is a sample mainly of young adults (average 35 years old) from 37 different countries.
- statistically significant association between **Anxiety and work and**
 - **married status.**

the issues mentioned by the patients

- frequent international travels
- frequent teleconference with other continents and consequent longer and stressful work
- difficult relationship with local employees, different expectations, culture and behavior; pressure for productivity
- speed of life; fast changing market.
- debt, risk of losing job

- statistically significant association between **anxiety and work and married status.**
- in depth studies and reflection are needed to identify the causative factors related to work in each specific context and corrective measures implemented to prevent mental health disorders.

References:

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Thank You

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