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Comorbidity of Depressive and Anxiety Disorders in the Student Population

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Introduction: Modern diagnostic categorical systematics does not always distinguish separate mental disorders, and in case of depression and anxiety they often have comorbid character.

Objectives: To investigate the correlation between the level of anxiety and depression with varying degrees of severity.

Methods: 86 volunteer from the medical and pediatric faculties of the University. 16 - male and 70 – female. Mean age of the students was 21,5±2,48. There was used Sheehan's evaluative clinical anxiety scale and PHQ-9 scale to assess the probability of the presence and severity of depressive disorders. Statistical analysis was performed using the program SPSS 11.5 via Kruskal-Wallis, Mann-Whitney rank and Spearman rank tests.

Results: There was performed comparison on severity of depression using PHQ-9 on the students with normal, subclinical and clinically significant level of anxiety by Sheehan scale and it was established that there are statistically significant differences between the three groups. According to results of PHQ-9 scale reveals a high level of depressive disorders – 30,2% (26). Students who have normal anxiety level did not show any marks of depression. Persons with a subclinical level of anxiety demonstrated indicators of clinical depression.

Conclusion: The resulting combination with a parallel increase of severity of depression and anxiety in students allow allocating anxious depression.

References:

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2. Sheehan DV, Sheehan KH, The classification on phobic disorders. *Int J Psychiat Med.* 1983, 12, 243-266