

Poster presentation

## Anxiety disorders evaluation in a mental health center

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### Background

The aim of this study was to investigate the treatment strategies and final outcome of our patients with "anxiety disorders".

### Material and Methods

We studied retrospectively the files of all new clients who visited our Center within a period of one year. From this group we chose those patients who were diagnosed as "anxiety disorders" (DSM-IV) and had at least three appointments with us ( $n = 76$ , Males = 18, Females = 58). We examined parameters such as: age, marital status, previous contacts with psychiatric services, type of therapeutic intervention and outcome.

### Results

From the results we mention: a) the rate between women and men was about 3:1, b) 60.5% were less than 40 years old, c) 63.2% were married, d) 64.5% had a contact with other psychiatric service in the past and e) 28.9% had been treated with drugs, 24.7% with psychotherapy and 26.3% with combination of them, while the rest 17.1% dropped out. Finally, f) 46% had significant improvement and 53% some to average improvement.

### Discussion

Despite the impression that in MHCs the mainly approach is psychotherapy, the above findings show that in our Center the therapeutic means for anxiety disorders varies depending on patients needs and the outcome could be considered positive.