

## Liaison Psychiatry

T. Sadki<sup>1</sup>, S. Derouiche<sup>1</sup>, A. Belkhiria<sup>1</sup>, A. Ayadi<sup>1</sup>, H. Zalila<sup>1</sup>

<sup>1</sup>Psychiatry D, RAZI HOSPITAL, Mannouba, Tunisia

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**Introduction:** Zumbrunnen defined liaison psychiatry as 'part of psychiatry that deals with psychiatric disorders in patients consulting in other medical specialties'.

Thus, the field of liaison psychiatry is at the interface of psychiatry and somatic medicine, as part of a more global care for the patient.

Anxiety and depressive disorders are common in primary care but insufficiently detected by the general practitioner.

**Aims:** The purpose of our study was to estimate the prevalence of anxiety and depressive disorders in patients consulting in primary health care centers.

**Methods:** This is a descriptive study in 30 consecutive subjects presenting to Manouba Primary Health Care center for a medical problem. From each participant, we collected socio-demographic data and administered the Hospital Anxiety Depression scale (HAD) as a screening tool.

**Results:** Our sample consisted of 80% female and 20% male subjects. Mean age was 31 years. In our study, the prevalence of anxiety and depressive disorders, as measured by HAD, was 59% for depression and 32% for anxiety.

**Conclusion:** Although the prevalence of depression and anxiety in primary health care centers is high, these disorders are often not diagnosed. Our findings show the necessity of a specific training in mental health care for general practitioners, as well as the importance of liaison psychiatry.