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PANIC DISORDER AND QUALITY OF LIFE: A TUNISIAN STUDY

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Introduction: Panic disorder with or without agoraphobia is one of the most disabling anxiety disorders. It has severe consequences on psychosocial functioning and quality of life of patients.

The aim of our study was to evaluate the quality of life in a population of patients treated for panic disorder.

Methods: Thirty patients were evaluated using a standardized questionnaire exploring socio-demographic parameters, clinical parameters and evolutionary parameters. It also explore the the disorder impact on social life, family and work.

Assessing the quality of life was performed using the (SF-36). This scale includes 36 questions divided into eight dimensions.

Statistical analysis was performed by SPSS in its 18th version.

Results: The average age of our population was 42.07 years with extremes ranging from 22 to 71years. The sex ratio was 1.

The socioeconomic level was low in 56.7% of cases, medium in 40% of cases and high in 3.3% of cases.

Half of the patients reported having marital conflicts; these conflicts had led to divorce in 3.3% of cases.

Regarding the professional impact of panic disorder, 33.3% of patients were off work, and 20% used sick leave.

The overall average scores of the SF-36 of all patients ranged from 0 to 76 with an average of 37, 98 and a standard deviation of 18.46.

Ninety percent had impaired quality of life (overall mean score of less than 66, 7)

All dimensions are altered in 100% of the cases except D1 (physical dimension) that is altered in 63.7% of cases.