

P01-134 - PSYCHIATRIC CO- MORBIDITY IN POST TRAUMATIC STRESS DISORDER

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Objectives: The Kashmir Valley is a chronic conflict zone with a community prevalence of post traumatic stress disorder of 15.9%. The present study was conducted with the aim to find the psychiatric co-morbidity in patients suffering from Post Traumatic Stress Disorder seeking treatment at Government Psychiatric Diseases Hospital Srinagar, Kashmir India.

Methods: Sample comprised of 100 consecutive cases of post traumatic stress disorder (PTSD) with an age group of 16 -65 years diagnosed according to DSM - IV laid criteria. Patients with a prior history of any DSM-IV Axis- I or Axis- II disorder before the development of PTSD were excluded from the study. A detailed semi structured interview with all relevant items from MINI PLUS (MINI International Neuropsychiatric Interview based on DSM - IV), was administered to all the cases included in the study to find the co-morbidity.

Results: Psychiatric Co-morbidity was highly prevalent in patients of Post Traumatic stress Disorder in our study. Major Depressive disorder (80%) formed the commonest co morbidity followed by Panic Disorder (32%), substance abuse and conversion disorder (16% each). Other co-morbidities include agoraphobia (8%), generalized anxiety disorder (8%), obsessive compulsive disorder (4%).

Conclusions: Post Traumatic Stress Disorder is a complex disorder with high prevalence of co-morbidity. The classification of PTSD as anxiety disorder with overlap in the mood disorders needs to be further studied.