

P03-236

POSTTRAUMATIC STRESS DISORDERS AND SOMATIC DISEASE

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Numerous studies indicate that the exposure to traumatic events and psychological trauma is widespread. Studies also have properly documented and confirmed the presence of relationship between posttraumatic stress disorders (PTSD) and other health conditions. As PTSD might have a devastating effect on physical integrity and general health, the aim of this study was to show the prevalence of physical problems in patients with PTSD. The 217 patients with PTSD treated at the Department for traumatic stress disorders of the Clinic of Psychiatry Tuzla in the period from 2005 to 2008 were analyzed with regard to prevalence and type of physical problems. The PTSD was diagnosed according to DSM IV criteria while somatic diseases were diagnosed to ICD X. In group of patients that were examined there was almost an equal number of male and female. The average age was 49.44 ± 8.85 years. With regard to educational level most patients completed secondary school. Regarding employment 75% patients were employed and exposed to psychological abuse at work. Out of 217 patients the PTSD in 67% was related to war traumatic experiences. With regard to somatic diseases mostly diagnosed were hypertension (45%), diabetes mellitus (43%), cerebrovascular diseases, hyperlipidemia, lumbo-sacral discopathy and thyroid gland diseases. Combination of PTSD and chronic somatic disease was common in patients treated at the department for traumatic stress disorders.