

## PREVALENCE OF ANXIETY DISORDERS AFTER WAR IN BOSNIA AND HERZEGOVINA

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**Introduction:** Anxiety disorders are one of the most common mental illnesses seen in primary health care. The 1992-1995 conflict in Bosnia and Herzegovina (BiH) has resulted in many psychological and social breakdowns, political and economic instability in the country and negative effect on mental health.

**Aim:** To determine prevalence of anxiety disorders in one city in BiH and investigate the most important reasons for these disorders.

**Methods:** The study took place between September and December 2004 in one ambulatory care center in city Banja Luka, BiH. 196 patients (88 male, 108 female) age 18-65, who visited family physician for any reason were randomly surveyed by usage Hamilton Anxiety Rating Scale. Patients with positive test also fill in the form about the most important reasons for their anxiety. Study excluded patients with chronic psychiatric diseases, known before conflict in BiH.

**Results:** Among surveyed group, 62-31,6% (22 male, 40 female) were refugees and 134-68,4% (66 male, 68 female) were domiciles. Positive test had 84 (42,9%) patients. In group with positive test: 34 (40,5%) were male, 50 (59,5%) female, 38 (45,2%) were refugees and 46 (54,8%) domiciles. The most important reasons for anxiety were: worry about future, social and financial problems and unemployment.

**Conclusion:** Ten years after war in BiH, prevalence of anxiety disorders is very high. The study didn't find important differences between prevalence of anxiety disorders among refugees and domiciles. The complete population has affected by social and economic problems in the country. As place of first contact with the health system, family physicians in BiH should recognize anxiety patients and begin immediate treatment.