

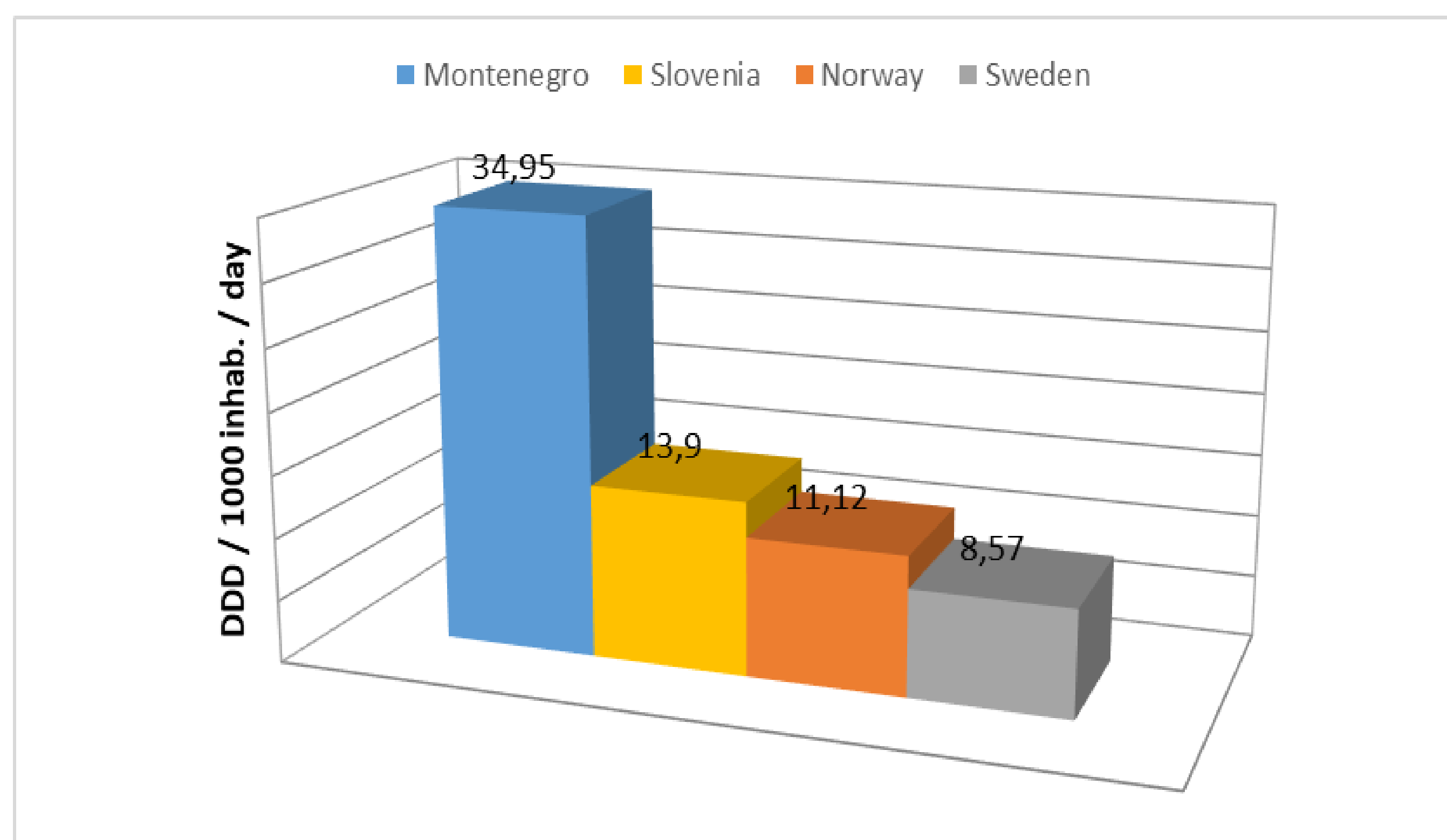
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The burden of anxiety disorders in Montenegro, 1999 - 2019: findings from the GBD 2019

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Background

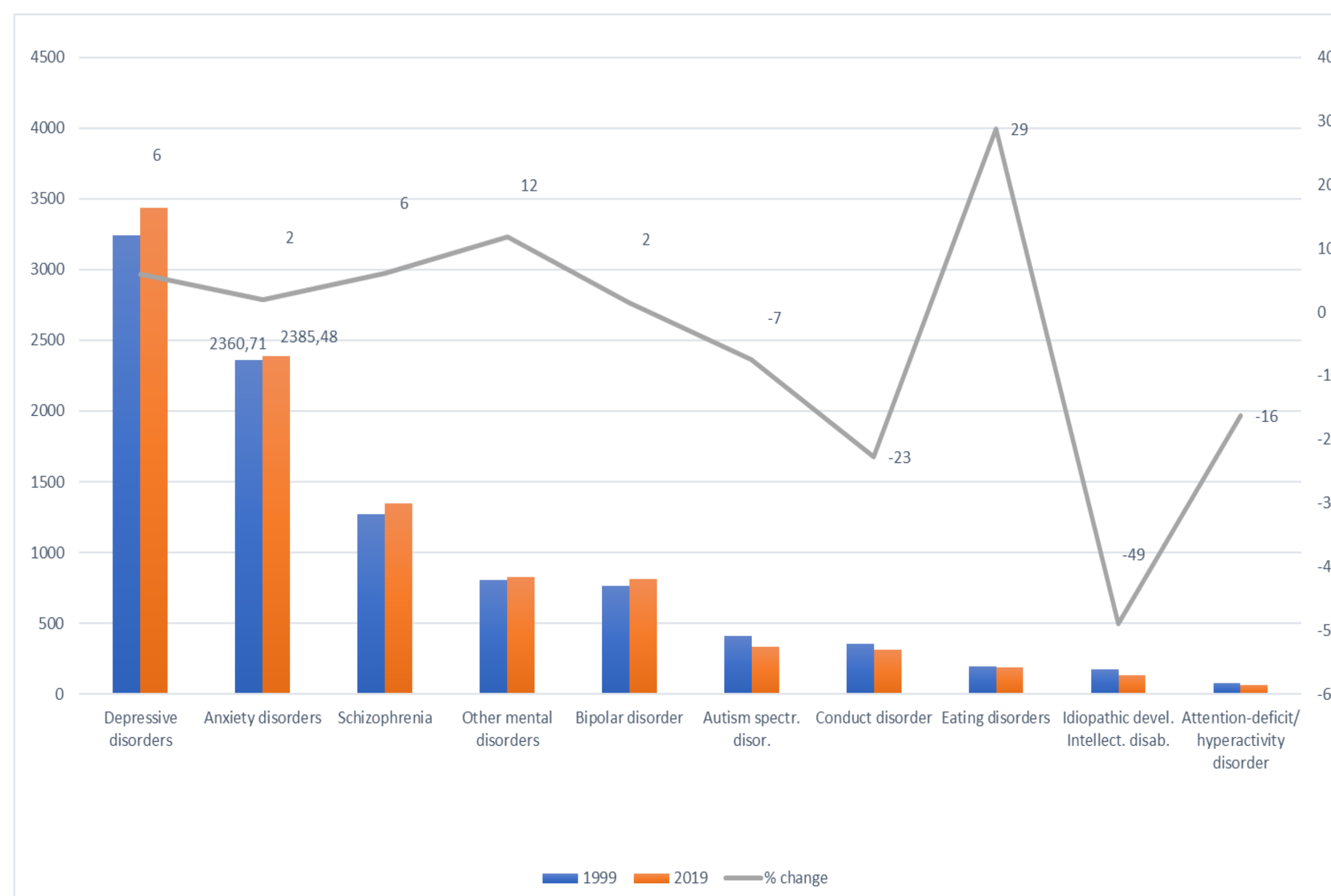
This study aimed to examine the burden of anxiety disorders (AD) in Montenegro in the two-decade period. WHO reported that ADs were the world's most common mental disorders, affecting 301 million people in 2019. National reports on outpatient use of anxiolytics have identified increase in use before 2020.



Graph 1. Consumption of benzodiazepine derivatives (N05BA) in Montenegro (2018), Slovenia (2017), Sweden (2017) and Norway (2018), expressed in DDD/1000 inhabitants per day; Source: The National Board of Health and Welfare, Sweden, The Norwegian Prescription Database data, National Institute of Public Health of Slovenia, Institute of Public Health of Montenegro;

Methods

Data used for this study were extracted from the GBD 2019 study. We analyzed disability-adjusted life years (DALYs) and DALY rates by sex and age groups for AD and other mental health conditions, as well as the percentage of change of these indicators between 1999 and 2019.



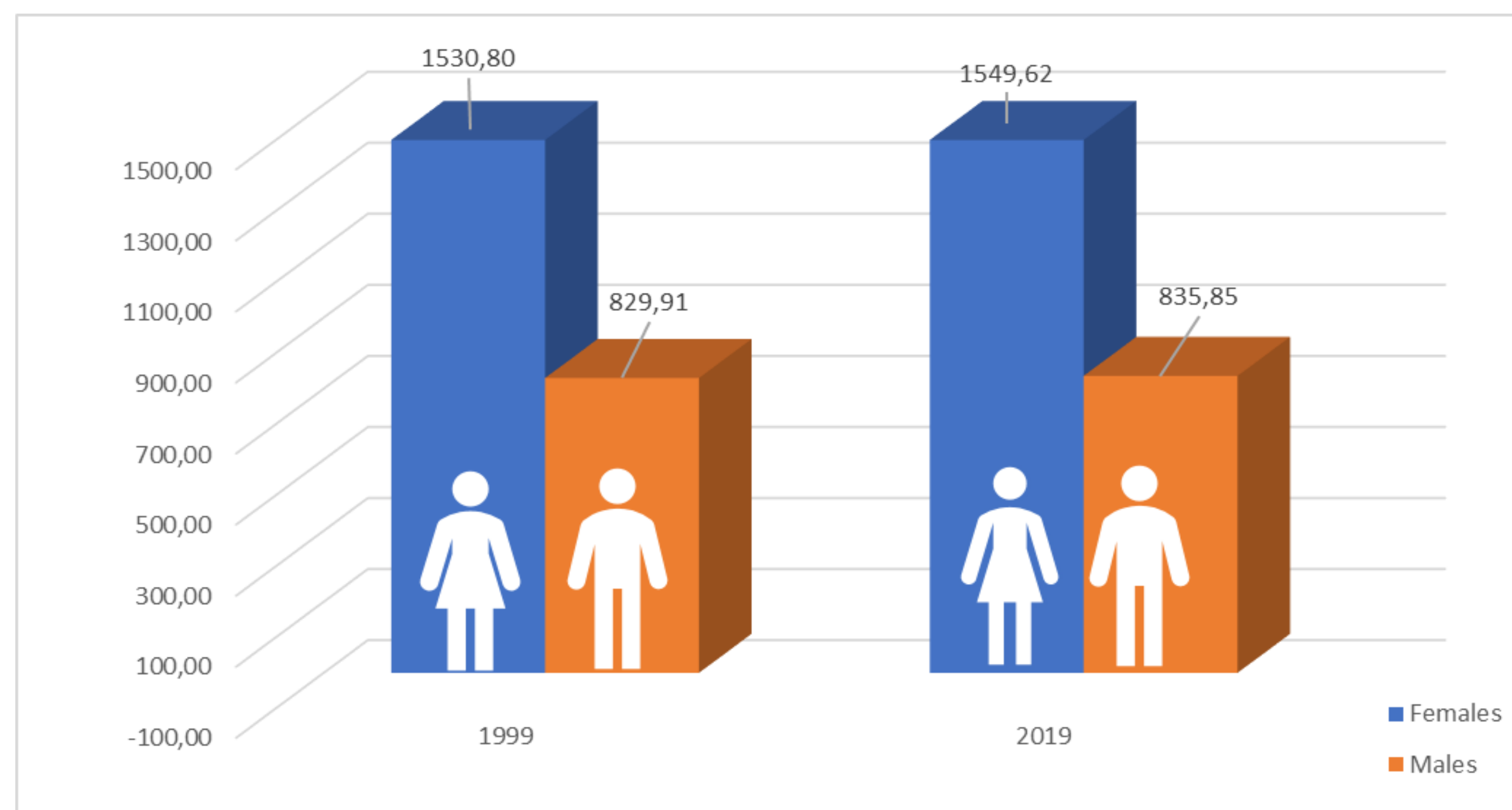
Graph 2. Anxiolytic disorders and other mental health-related causes of burden of disease (DALYs) and % of change (1999. vs.2019.), IHME;

Results

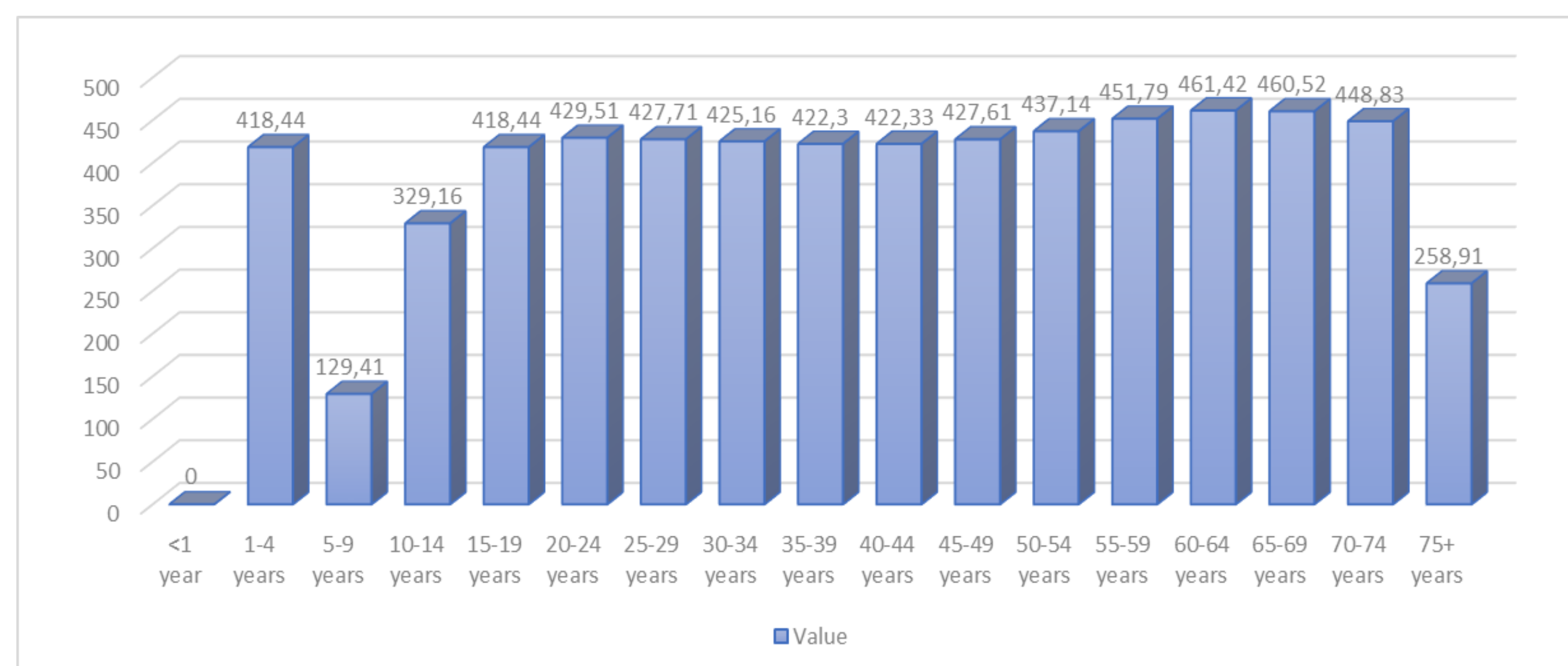
The study found that the AD burden in Montenegro was the second leading mental health-related cause of DALYs (after depressive disorders), in both 2019 and 1999.

Compared to 1999, AD burden in Montenegro increased for 1.05%, from 2360,71 (95%, CI:1,549.85-3,375.16) to 2385,48 (95%, CI:1,579.48-3,372.02) in 2019.

The burden differed significantly between the sexes in 2019: higher in females 1,549.62 (95% CI 1,026.01-2,189.94) vs. males 835.85 (95% CI: 558.92- 1,181.50). The AD DALY rate in 2019 peaked in the age group of 60–64 years, as in 1999.



Graph 3. Differences between sexes in burden of Anxiety disorder (DALYs) 1999 and in 2019, IHME;



Graph 4. Burden of anxiety disorder (DALY rates) per age groups in 2019, both sexes; IHME;

Conclusions

Burden of AD slightly increased in the two-decade period in Montenegro, remaining the second leading mental health-related cause of DALYs. Burden was not equally shared between the sexes. Women had almost two times higher share of the burden, in both, 1999 and 2019, with tendency of gap widening. Additional research is needed to examine factors that might have caused higher rates of AD in the elderly (poverty, income inequality, access to health care, etc.).

Key message

- Effective policy response should address the burden of anxiety and widening gap between sexes.

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