

## AN EPIDEMIOLOGICAL STUDY IN PANIC DISORDER – KAYSERI CASE

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### ABSTRACT

Panic disorder is an anxiety disorder characterized by frequent panic attacks that are not associated with a particular condition and the concern that these panic attacks will repeat. Prevalence of Panic Disorder has been found between 7%-9% in many countries. According to gender, the lifetime prevalence is approximately 5% in women and 2% in men. The ratio of women to men is about 3/1. In this study, it was aimed to compare the world literature and Turkey according to epidemiology of Panic Disorder.

In this retrospective study, Panic Disorder was evaluated in terms of age, gender, family history of psychopathological history and comorbidity of depression.

The sample consists of 70 women(61.4%) and 44 men(38.6%) in total 115 patients. The data was collected in Kayseri in 2015-2018. The mean of age was found 40. There was no significant difference in the mean age according to gender(Women:40.2, Men:39.8). While the rate of psychopathological family history was 57.1% in women, this rate was found to be 36.4% in men. The rate of comorbidity of depression is 5.7% for women and 13.6% for men.

As a result of the study, it was seen that the prevalence of Panic Disorder was higher in women than in men in accordance with world literature. When the comorbidity of the disease with depression is examined, an association is found in a very small group in contrast to the literature. Inheritance is one of the biggest risk factors for Panic Disorder. The results of the study support the literature in this respect.

**Keywords:** panic disorder, depression, inheritance, comorbidity, prevalence