

A meta-review of the prevalence of common mental disorders and their determinants in the Eastern Mediterranean Region

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Screening

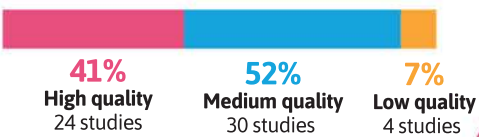
Screened: 12 574

Full-text screened: 161

Included: 58 cross-sectional studies



Quality appraisal



Population

Individuals 18 years or older from the general population with one or more common mental disorder



Search strategy



Condition: Common mental disorders

Outcome: Prevalence and determinants

Study design: Systematic reviews and/or meta-analyses published before 2014 and cross-sectional or longitudinal studies published after 2014

Search sources



Five academic databases:

CINAHL Plus, PsycINFO, PubMed, Scopus, Web of Science

Expert opinion



Studies conducted in Afghanistan, Bahrain, Egypt, Iraq, Islamic Republic of Iran, Jordan, Lebanon, Morocco, Pakistan, Palestine, Qatar, Saudi Arabia, Sudan, Tunisia and United Arab Emirates.

Seven studies focusing on disaster survivors (refugees, internally displaced persons, or earthquake survivors).

Main findings



Mental disorder	No. of studies	Pooled sample size	Prevalence (%)	95% CI	Event rate and 95% CI
Depressive disorders	41	179 637	14.8%	10.7% – 20.1%	
Bipolar disorders	12	43 027	0.7%	0.3% – 1.6%	
Generalised anxiety disorder	27	179 944	10.4%	7.1% – 14.7%	
Post-traumatic stress disorder	15	58 567	7.2%	2.9% – 16.6%	
Obsessive-compulsive disorder	11	58 058	2.8%	1.6% – 4.9%	
Phobic disorders	25	131 579	1.8%	1.1% – 2.8%	
Panic disorders	10	54 897	1.1%	0.6% – 2.2%	
Substance use	57	902 171	4.0%	3.1% – 5.2%	
Psychosis	19	183 698	0.5%	0.3% – 0.6%	

Significant relationships

Depressive disorders

- Non-diagnostic screening methods yielded higher prevalence

Generalised anxiety disorder

- Non-diagnostic screening methods yielded higher prevalence

Obsessive-compulsive disorder

- Iraq, Islamic Republic of Iran and Morocco had the highest prevalence
- Upper-middle income countries had the highest prevalence

Substance use

- Pakistan, Morocco, Qatar and Saudi Arabia had the highest prevalence
- Hybrid regimes and high-income countries had the highest prevalence
- Non-diagnostic methods yielded a higher prevalence

Post-traumatic stress disorder

- Low-income countries had the highest prevalence
- Disaster survivors had six times the prevalence than the general population

Phobic disorders

- Morocco and Sudan had the highest prevalence
- Hybrid regimes, low-income countries and disaster survivors had the highest prevalence

Psychosis

- No significant relationships

Bipolar disorders

- No significant relationships

Panic disorders

- Morocco had the highest prevalence
- Hybrid regimes had the highest prevalence