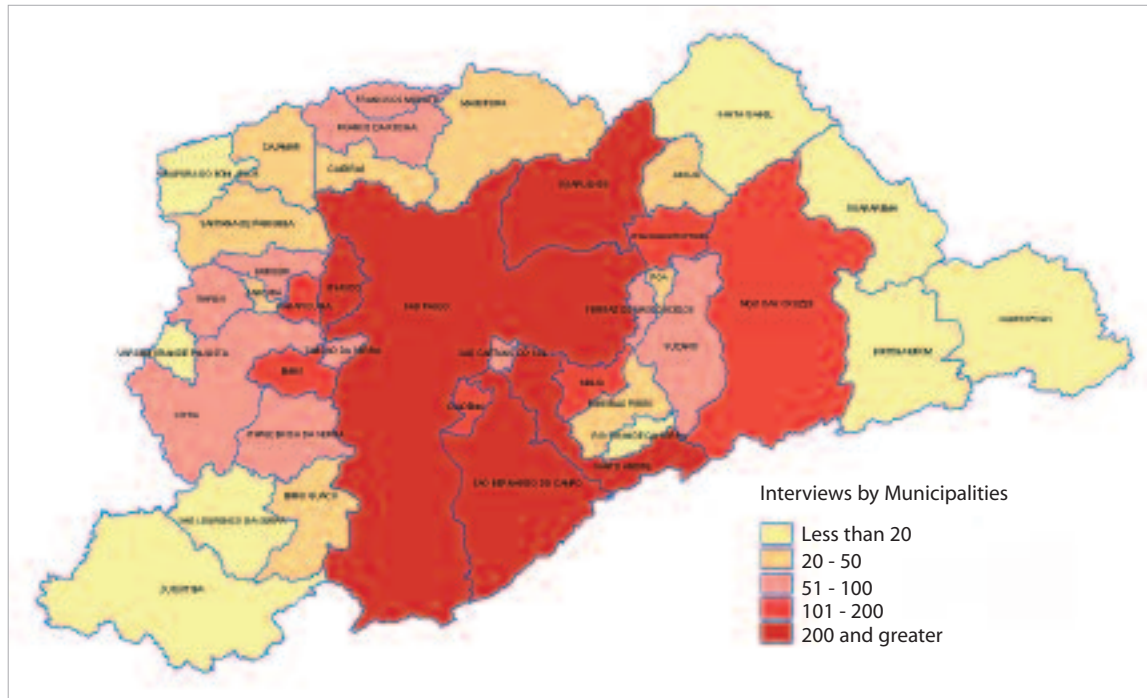


AN EPIDEMIOLOGICAL STUDY OF PSYCHIATRIC DISORDERS IN THE SÃO PAULO METROPOLITAN REGION: PREVALENCE, RISK FACTORS, AND SOCIAL AND ECONOMICAL BURDEN

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The Região Metropolitana de São Paulo holds 39 municipalities in total, with around 19,7 million inhabitants (2006), which makes it the fifth most populous metropolitan area in the world – Map depicting interviews conducted across municipalities

The Epidemiological Study of Psychiatric Disorders in São Paulo Metropolitan Region (“São Paulo Megacity: Pesquisa sobre Saúde, Bem-Estar e Estresse”) aims at identifying the prevalence rates of psychiatric disorders, evaluating the degree of disability associated to them, studying their natural history, and determining their correlates in the adult population dwelling in the São Paulo Metropolitan Region. The main goal will be to provide scientific evidence to direct the implementation of new preventive and therapeutic strategies, as well as to guide the development of health policies which are more suitable to the region reality, and to help in planning health services based on the population needs. This is

part of a study that is being conducted in 28 countries coordinated by the World Health Organization, named The World Mental Health Survey.

The relevance of this study is emphasized by “The Global Burden of Disease” project, which demonstrated that the mental disorders and the use of alcohol and other substances are among the main causes of global burden, measured by the number of years lived with disabilities and the number of years lost by premature death, as a consequence of disease. This study will provide data relating to the direct and indirect costs of mental disorders in a Brazilian population and will allow for the proposal of new hypotheses as to the etiology and determinants of mental disorders.

SUMMARY OF RESULTS TO DATE AND PERSPECTIVES

Altogether, 5,237 individuals aged 18 and over, a probabilistic sample of the general population resident in the 39 Municipalities of the São Paulo Metropolitan Region, were interviewed. The questionnaire, applied by trained lay interviewers, was WHO-CIDI PAPI V 5, translated into Portuguese and adapted to the Brazilian reality. Composed of 4,551 variables related to symptoms and risk factors for the mental disorders assessed, it is possible with this instrument to generate diagnosis according to CID-10 and DSMIV psychiatric classifications.

The data collection was completed, and we are in the process of elaborating the sample weights. Preliminary statistical analyses indicated that, from the total sample, 44.4% showed at least one lifetime psychiatric diagnosis. The most frequent diagnoses were depression (22.8%) and anxiety disorders (17%). Use of alcohol and other substances are more frequent in men (78%). The explosive intermittent disorder showed the same distribution between genders and, in general, the anxiety and depressive disorders affect women in a larger proportion.

The São Paulo Megacity was designed to study the multiple aspects of mental disorders, both related to the individuals and to their social context. As a population based study, it will be possible to identify the multiple manifestations of psychiatric syndromes in various levels of severity. We will be able to study the natural history of psychopathology, since we have information about the age of onset of the disorders, the course and the outcome, and it will also be possible to obtain the distribution of psychopathological dimensions. Moreover, it will be possible to evaluate temporal variations, comparing the current results to the study conducted ten years ago in two neighborhoods in the capital of São Paulo (São Paulo Epidemiological Catchment Area Study-ECA-SP).

MAIN PUBLICATIONS

Andrade LH, Silveira CM, Wang Y-P, Andrade AG. Patterns of drinking and alcohol related problems in the São Paulo Epidemiologic Catchment Area Study in Brazil: gender differences. *Addiction*, submitted.

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Moreno D.H. 2004. Prevalência e características do Espectro Bipolar em Amostra Populacional Definida da Cidade de São Paulo. Thesis (PhD in Psychiatry). University of São Paulo. Supervisor: Laura Helena Silveira Guerra de Andrade.

PAPERS

Andrade LH, Viana MC. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the São Paulo Megacity Survey, in preparation.

Viana MC, Andrade LH. Prevalence, Severity and Comorbidity of 12-Month DSM-IV Disorders in the São Paulo Metropolitan Area: Results from the São Paulo Megacity Survey, in preparation.

Viana MC, Andrade LH. Twelve-month and lifetime use of health services due to mental disorders in the São Paulo Metropolitan Area: Results from the São Paulo Megacity Survey, in preparation.

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