

Difference in Treatment Outcome in Hospitalized Major Depression Patients with Versus without Anxious Distress Specifier in DSM-5

Won-Myong Bahk^{1*}, Young Sup Woo¹, In Hee Shim², Moon-Doo Kim³, JeongSeok Seo⁴ and Bo-Hyun Yoon⁵

¹The Catholic University of Korea, Korea

²Dongnam Institute of Radiological & Medical Sciences, Korea

³Jeju National University Hospital, Korea

⁴Konkuk University, Korea

⁵Naju National Hospital, Korea

Objectives: In Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5), a new specifier of major depressive disorder (MDD) “with anxious distress” allows characterization of additional symptoms. The aim of this study was to investigate difference in treatment outcome of MDD with versus without anxious distress specifier in DSM-5.

Methods: Retrospective chart review of patients admitted to a university hospital with a primary diagnosis of MDD. We reviewed anxious distress symptoms, medications and detailed clinical information at index episode. We compared treatment outcomes of anxious distress group with those of non anxious distress group.

Results: There were differences in remission rate after 4 weeks later (18.5% vs. 44.4%, $p=0.040$) and at discharge (33.3% vs. 66.7%, $p=0.014$) between anxious distress and non anxious distress. However, no significant differences were observed in the sociodemographic characteristics, treatment regimens, and response rate.

Conclusion: Anxious distress specifier might be worthwhile to be further evaluated as a diagnostic entity of its own requiring specific diagnosis and therapeutic attention. Korean J Psychopharmacol 2015;26(1):22-28

Biography:

Dr. Won-Myong Bahk is Head and Professor of Department of Psychiatry, Yeouido St. Mary's Hospital, Catholic University of Korea, and also Senior Advisor of Korean Society for Affective Disorders and Korean College of Neuropsychopharmacology, President of Korean Bipolar Disorders Forum. He has been published 136 SCI articles in such respected journals as the American Journal of Psychiatry, Journal of Affective Disorders, Journal of Clinical Psychiatry, International Journal of Clinical Psychopharmacology, and Human Psychopharmacology Clinical Experience, and 370 Korean articles, 29 medical books.