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Changes in burden of anxiety disorders in the Balkan countries

Jovana Todorovic[1], Milena Santric-Milicevic[1], Zorica Terzic-Supic[1], Zeljka Stamenkovic[1], Aleksandar Stevanovic[1], Ivana Sotirovic

[1]Faculty of Medicine University of Belgrade

Introduction

- There has been an increase in the prevalence of anxiety disorders in the past decades worldwide.

- There seems to be an association between the burden of anxiety disorders and economic development of the countries.

- We used the data from the Institute of Health Metrics and Evaluation for the age-standardized DALY rate per 100,000 and prevalence per 100,000 for anxiety disorders for the Balkan Countries: Albania, Bosnia and Herzegovina, Bulgaria, Croatia, Greece, Montenegro, North Macedonia, Romania, Serbia and Slovenia) for 1990-2019.
- Data on gross-domestic product (GDP) per capita were taken from the World Bank.
- We analyzed the trends in DALY rate per 100,000 and prevalence rate, and correlations between them and GDP. We used traditional modeling to forecast the DALY rates per 100,000 for 2050.

Conclusion

- Higher economic development was associated with higher burden of anxiety disorders.
- Greece has the highest burden of anxiety disorders among Balkan countries.

Jovana Todorovic, Faculty of Medicine, University of Belgrade
E-mail: jovana.todorovic@med.bg.ac.rs

Results

The lowest DALY rate and the lowest prevalence were in Romania in 1990 (328.58/100,000 and 3457.23/100,000, respectively), and the highest were in Greece in 2016 (576/100,000 and 6117.06/100,000, respectively).
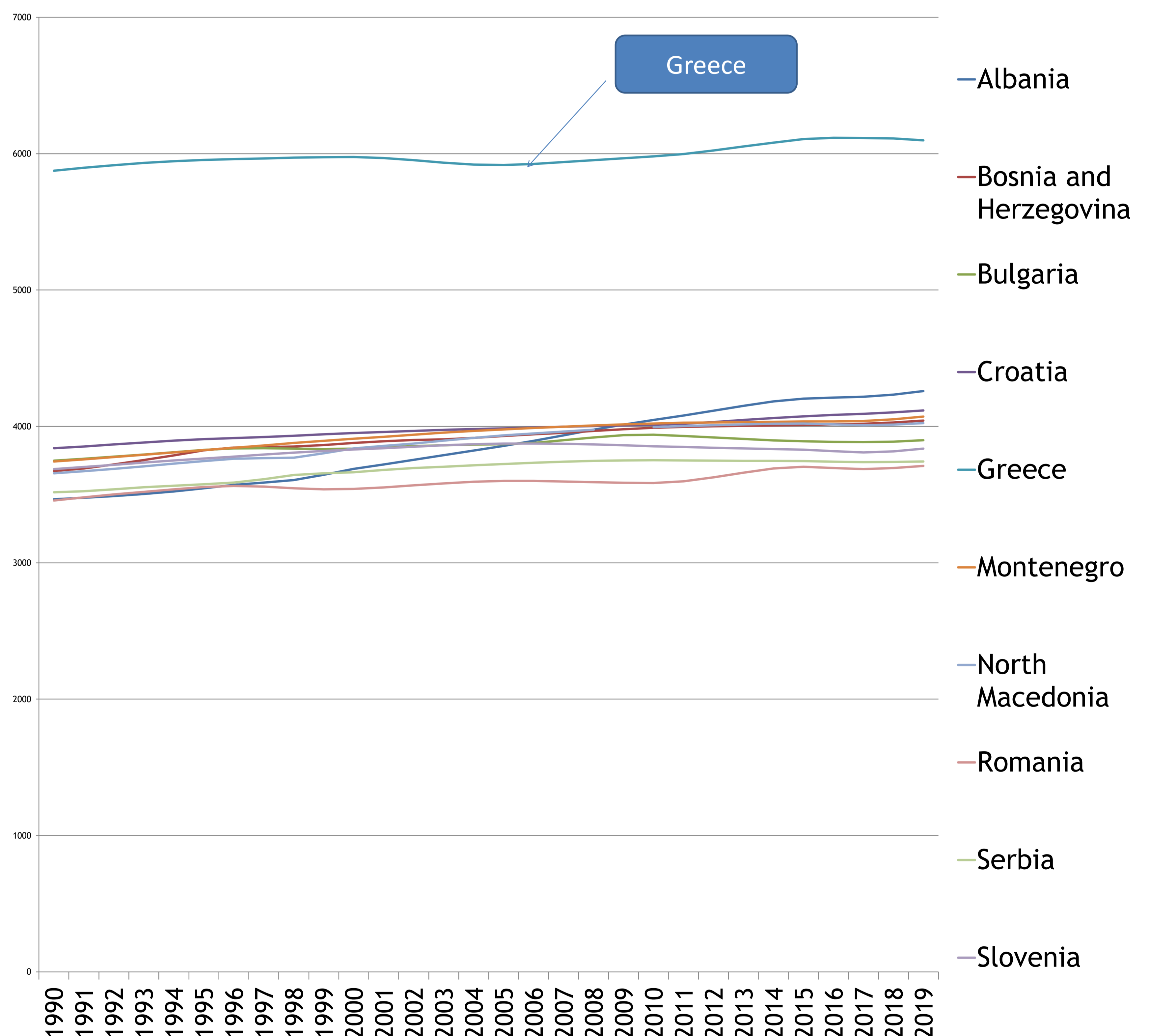
There was a weak negative correlation between the GDP per capita and DALY rate (r=-0.134, p=0.025), and prevalence (r=-0.126, p=0.035).