

Burden of Depressive disorders in Balkan countries

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Introduction

- Depressive disorders are one of the leading causes of disability and are significant contributor to total Global Burden of Disease (GBD).
- Globally, according to the 2019 GBD study, the 1.85% of all Disability adjusted life years (DALYs) was associated with depression.

Objectives

The aim of this study was to describe the age-standardized DALYs in ten Balkan countries and the changes observed between 1990 and 2019..

Materials and methods

- The study included the data on age-standardized DALY rate per 100,000 for depressive disorders in the period between 1990 and 2019 for ten Balkan countries (Albania, Bosnia and Herzegovina, Bulgaria, Croatia, Greece, Montenegro, North Macedonia, Romania, Serbia and Slovenia) from the Institute of Health Metrics and Evaluation.
- We acknowledge the support from the COST Action 18218 – European Burden of Disease Network.

Results

The highest age-standardized DALY rate/100,000 throughout the observed period was in Greece in the 1990-1914.48 (95% CI: 620.19-1287.16) and 927.75 (95% CI: 626.5-1295.7) in 2019,

The lowest standardized DALY rate/100,000 was in Albania (1990-369.032, 95% CI: 253.52-518.04 and 2019- 386.42, 95% CI: 266.46- 536.31)

Greece and Albania were the only two countries in which age-standardized rates increased.

Conclusions

Age-standardized DALY rates per 100,000 decreased in eight out of ten countries in the Balkan region. However, age-standardized DALY rate per 100,000 increased in the country with the highest burden of depressive disorders in the region- Greece. In the period between 1990 and 2019 the lowest burden of depressive disorders measured in age-standardized DALY rate /100,000 was in Albania, but Albania also recorded the increase in burden.

References

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