

5th International Conference on

DEPRESSION, ANXIETY AND STRESS MANAGEMENT

November 05-06, 2018 Bangkok, Thailand

Referral rates of depression and anxiety to a Child and Adolescent Mental Health Service (CAMHS) at Sidra Medicine: Comparisons of outpatient CAMHS, inpatient CAMHS and psychiatric liaison services**Ifaf Asghar**

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Aim: With the opening of Sidra Medicine and their Children and Adolescents Mental Health Services (CAMHS) the aim is to compare referral rates of depression and anxiety across their three different services, outpatient CAMHS, inpatient CAMHS and psychiatric consult liaison. It is hoped to categorize the referrals to help determine the mental health needs of young people in Qatar and the neighboring regions due to the number of expats from these regions residing in Qatar.

Method: Referrals from the date the hospital opened in January to October, 2018 were recorded on a database. There were reviewed and compared for outpatient, inpatient and psychiatric consult liaison. The inpatient beds were only opened in July 2018 and were in the development phase, thus there was only minimal data but this was also reviewed. Sociodemographic data including gender and age was also recorded.

Results: A total of 1049 referrals were reviewed; 985 outpatient, 57 psychiatric consult liaison and 7 inpatient referrals. Data showed 33.6% of children were referred to outpatient for low mood, 55.6% for anxiety, and 10.8% for both low mood and anxiety. 15.4% of children were referred to psychiatric consult liaison for low mood, 76.9% for anxiety, and 7.7% for both low mood and anxiety. 75% of children were referred to inpatient for low mood and 25% for anxiety.

Conclusion: Understandably, there were more outpatient referrals than to psychiatric consult liaison and inpatient. Referrals for anxiety appear to be higher to outpatient and psychiatric consult liaison but inpatient having a higher number of referrals for low mood. It can be hypothesized that the emotional difficulties Middle Eastern young people experience can be similar to young people in the rest of the world. Further research in this area would be of benefit to the literature base.

Biography

Dr Ifaf Asghar is a UK trained Senior Clinical Psychologist currently working at Sidra Medicine Centre in Qatar. She has graduated with a BSc (Honors) in Psychology in 2003 and completed a Doctorate in Clinical Psychology in 2008, both from the University of Glasgow. She attained chartered status from the British Psychological Society and was awarded the title of Associate Fellow of the British Psychological Society (AFBPsS) in 2015 in recognition of her experience and contribution to the field of psychology. She is experienced in providing evidence-based psychotherapy and has worked across a range of services in the UK with children, young people and families with complex needs which include: Outpatient CAMHS, Inpatient CAMHS, Looked After and Accommodated Children (LAAC), Liaison Psychiatry, Pediatric Clinical Psychology and Pediatric Neuropsychology.

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