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THE PROBLEMS OF COMMON MENTAL DISORDERS IN PRIMARY HEALTH CARE

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Statement of the Problem: The common mental disorders (CMD) are a concept created to designate a set of non-psychotic symptoms that are habitually related with subclinical cases of anxiety, depression and stress, and which for its high prevalence in the Primary Health Care (PHC) are considered as one of the greatest problems of worldwide Public Health. The purpose of this study is to identify the current scientific evidence and available situation relative to the CMD in the context of PHC in Portugal.

Methodology & Theoretical Orientation: This is a systematic review study without meta-analysis from field studies on the problem of CMD in PHC in Portugal, available in electronic open access databases and published in the period 2010-2015.

Findings: We found 19 studies from which we excluded 11, having ascertained eight to analysis, which evidenced the existence of relatively high percentages of CMD in this level of care, namely in what concerns to depression, anxiety and stress, but also for converse symptoms.

Conclusion & Significance: The situation relative to the problem of CMD in the PHC is either worrying, by the high percentages of people who are affected, or being in line with the international studies. Either by the lack of studies that we found, which may denote the low interest that this problem has in terms of the scientific production in this level of healthcare, despite its high importance to the mental health.