

## **Pattern of Mental Disorders at Psychiatric Hospital: A Retrospective Study of the Outpatient**

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**Objective:** To evaluate the pattern of mental disorders in Bahrain.

**Design:** A Retrospective Cross-Sectional Study.

**Setting:** Out-patient Department, Psychiatric Hospital, Ministry of Health, Bahrain.

**Method:** Three hundred twenty-nine patients were included in the study from March to September 2013. The inclusion criteria were 18-65 years and those who had first contact with the psychiatric hospital. Patients with a known history of substance abuse were excluded.

**Result:** Eighteen cases were not diagnosed to have any psychiatric illnesses. The majority of the patients suffered from depression 104 (33.4%), anxiety disorders 62 (19.9%), and psychotic disorders 46 (14.8%).

**Conclusion:** Those at risk of developing mental illness were females, adolescents and those with poor education and income. Future studies should include in-patient admissions as well as other hospitals in Bahrain.

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