Title: Sociodemographic and Diagnostic Trends of Neurocognitive Disorders Including Early Onset Dementia in Adult Users Accessing Psychiatry OPD Services Across 5 Years (2019-2023)

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Abstract:

This study utilized a cross-sectional retrospective observational design and aimed to investigate the epidemiological trends of newly registered patients presenting to the Rashid Hospital psychiatry outpatient department, Dubai.

We sourced the records of 5135 newly registered patients at the Rashid Hospital Psychiatry outpatient clinic over a five-year period (1 January 2019 till 31 December 2023) using the hospital's electronic medical record system. Of these, 3679 patients (aged 18–59), 1841 males (50%) and 1838 females (50%) were identified to study further.

Patients' psychiatric diagnoses were classified as per the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5 TR). As per the DSM-5 TR, it was observed (Figure 4) that the most common diagnostic categories in the presenting patients were Depressive Disorders (N = 1050; 28.5%), Anxiety Disorders (N = 829; 22.5%), Neurodevelopmental Disorders (N = 429; 11.7%) and lastly, Trauma and Stressor Related Disorders (N = 313; 8.5%). Other presenting categories included Schizophrenia Spectrum and Other Psychotic Disorders (N = 177; 4.8%), Bipolar and Related Disorders (N = 159; 4.3%), Other Mental Disorders and Additional Codes (N = 133; 3.6%), Substance and Related Disorders (N = 127; 3.5%), Normal Psychiatric Assessments (N = 124; 3.4%), Obsessive-Compulsive and Related Disorders (N = 100; 2.7%), Personality Disorders (N = 76; 2.1%), Sleep-Wake Disorders (N = 70; 1.9%), Neurocognitive Disorders (N = 32; 0.9%), Somatic Symptom and Related Disorders (N = 24; 0.7%), Disruptive, Impulse Control and Conduct Disorders (N = 17; 0.5%), Feeding and Eating Disorders (N = 10; 0.3%), Sexual Dysfunction (N = 6; 0.2%) and Gender Dysphoria (N = 3; 0.1%). Unlikely diagnostic categories among adults such as Neurocognitive Disorders were surprisingly identified within our sample. Additionally, the single occurrence of non-alcoholic Korsakoff's Syndrome emerged as an artefact, encouraging the need for further probing in this area. Early onset Alzheimer's was also identified amongst the sample population, details of which will be discussed further in the presentation.

Biography:

Dr. Zainab Khan and Dr.Fares Salamah are specialist psychiatrists, graduated from Mohammed Bin Rashid University – Psychiatry training program. They are currently enrolled within the

same institution as fellow doctors pursuing Child and Adolescent Psychiatry at Al Jalilah Hospital - Dubai Health in Dubai, United Arab Emirates.

They have dedicated their Psychiatry training towards understanding sociodemographic and diagnostic trends among the presenting population at the Outpatient service and compared the data across 5 years.