Poster

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Poster 37

[P-37-06] Prevalence of anhedonia in patients with psychiatric disorders: Results from a national survey in Thailand

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Background: Anhedonia is a transdiagnostic feature found across many psychiatric disorders. Data on its prevalence and impact in each psychiatric diagnosis are still limited.Methods: We conducted a cross-sectional survey across 26 hospitals in Thailand. Patients diagnosed with psychiatric disorders and prescribed at least one psychotropic medication participated in the study. The study measured anhedonia using the first item of the Patient Health Questionnaire (PHQ-9) as a self-report response. Results: Among all 821 participants, their diagnoses included schizophrenia spectrum disorders (n=179), bipolar disorder (n=67), depressive disorders (n=355), anxiety disorders (n=167), substance-related disorders (n=96), personality disorders (n=23), and ADHD (n=16). The prevalence of anhedonia was 80.3% in depressive disorders, 82.5% in MDD, 68.7% in bipolar disorders, 71.9% in anxiety disorders, 82.6% in personality disorders, and 75.0% in ADHD.Conclusion: Anhedonia is a common transdiagnostic phenomenon across many psychiatric disorders. Research into the treatment strategies is warranted.