



Do Neurological and Psychiatric Diagnosis Co-exist?

Sobia Haqqi*

Former Deputy Dean DME at College of Physicians and Surgeons Pakistan.

***Corresponding Author:** Dr. Sobia Haqqi. MBBS, MCPS, FCPS, ISC-HPE. Consultant Psychiatrist at SouthCity Hospital Pvt Ltd. Founding Member and Vice President (Sind) Pakistan Association of Social Psychiatry. International Voting Member of Society of Biological Society (USA). Former Deputy Dean DME at College of Physicians and Surgeons Pakistan.

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by Dr. Sobia Haqqi.

Neurological conditions and psychiatric disorders are often closely linked, with a significant number of individuals diagnosed with a neurological condition also experiencing a psychiatric disorder. This co-occurrence of neurological and psychiatric conditions can lead to complex and challenging medical management, as well as significant impacts on an individual's overall health and well-being.

According to a study published in the Journal of Neurology, Neurosurgery, and Psychiatry, up to 25% of patients with neurological conditions were also diagnosed with a psychiatric disorder (1). Another study found that over 40% of patients with multiple sclerosis had a comorbid psychiatric disorder, with depression being the most common (2). Similarly, a review of 25 studies found that up to 50% of patients with Parkinson's disease had a psychiatric disorder, with depression and anxiety being the most common (3).

The relationship between neurological conditions and psychiatric disorders is bidirectional, meaning that not only can neurological conditions lead to psychiatric symptoms, but psychiatric disorders can also contribute to the development and progression of neurological conditions (4). For example, a study published in the Journal of Psychosomatic Research found that individuals with anxiety disorders had a higher risk of developing Parkinson's disease (5). Another study found that patients with epilepsy were more likely to experience symptoms of depression and anxiety (6).

The co-occurrence of neurological conditions and psychiatric disorders has also been linked to poorer treatment outcomes and increased healthcare costs. A study published in the Journal of Clinical Neurology found that patients with epilepsy and comorbid psychiatric disorders had higher rates of hospital admissions and emergency room visits, as well as higher healthcare costs (7). Similarly, a study of patients with multiple sclerosis found that those with comorbid psychiatric disorders had a lower quality of life and higher healthcare costs (8).

Several theories have been proposed to explain the high rates of comorbid psychiatric disorders in individuals with neurological conditions. One theory suggests that there may be shared genetic and environmental risk factors that contribute to both neurological and psychiatric disorders (9). Another theory suggests that the impact of living with a chronic neurological condition, such as physical limitations and cognitive impairment, can contribute to the development of psychiatric symptoms (10).

In conclusion, the co-occurrence of neurological conditions and psychiatric disorders is a common and significant issue in healthcare. The bidirectional relationship between these conditions highlights the need for a comprehensive and integrated approach to diagnosis and treatment. Healthcare providers must be aware of the potential for comorbid psychiatric disorders in patients with

neurological conditions and address them as part of a holistic treatment plan.

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