

The 8th Conference on Health Care of the Chinese in North America



Pathogenesis and Treatments of Anxiety-Depressive Spectrum Disorder in the Chinese

Dr. Allan Wong

Abstract

A case study demonstrating the reluctance of ethnic Chinese in accepting psychiatric care and the nonspecific nature of symptomatology is used to illustrate the concept of "Neurasthenia". Fully 93% of those with neurasthenia have an underlying psychiatric diagnosis. A brief review of Chinese patterns of socializing the children will illustrate how an interpersonal style involving both obsessive-compulsive traits and the desire to avoid disapproval is fostered. These patterns predispose to anxiety disorders, depressive disorders, and occasional impulse control problems.

Pharmacotherapy may involve benzodiazepines as traditional anxiolytics, SSRI antidepressants (also beneficial as anti-obsessional agents), and mood stabilizers (also beneficial in reducing impulse behaviours). Cognitive-behavioural psychotherapeutic techniques may be helpful and allow the patient a greater sense of control over their symptomatology.