

Coaches Notebook

PENKRIDGE
JUNIOR FOOTBALL CLUB



Founded 1985 | FA Charter Standard Club 2003 | FA Community Club 2005



www.pjfc.co.uk



Useful Contacts

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Police

Fire

Ambulance

NHS Direct

The FA

Local FA

Club Welfare Officer

Club Chairman

Club Secretary

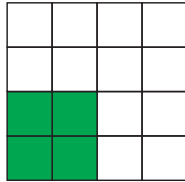
Club Treasurer

League Contact

'W' Warm Up - 1 of 3

Equipment

1. 7 Cones



20 x 20m

Objective

To warm up major muscle groups of the lower part of the body by,

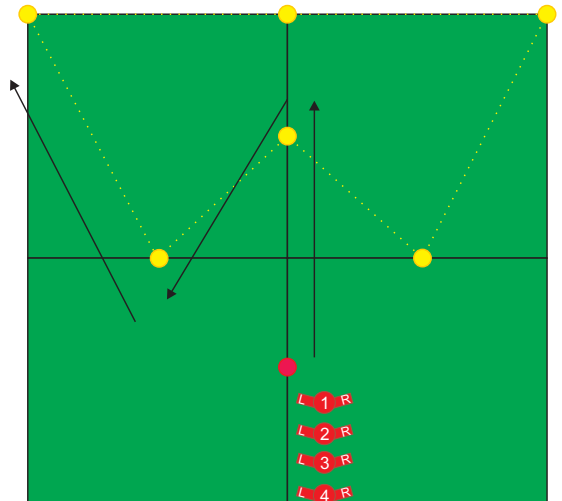
1. Jogging
2. Responding to various exercises from the coach

Session rules (see diagram)

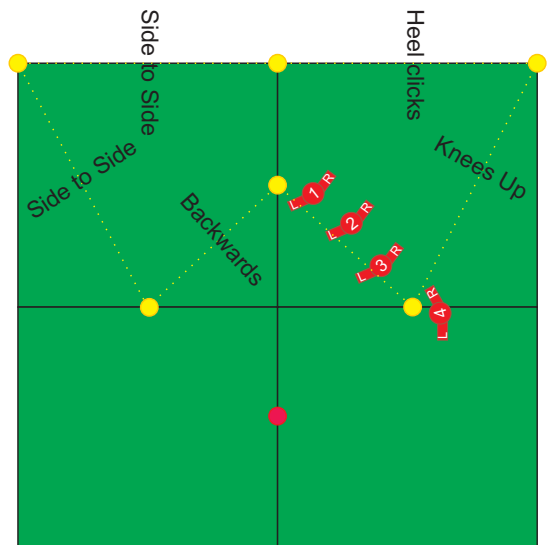
Progressing the session

Coaching points

1. Make sure the players are alert and on their toes throughout the warm-up.
2. The warm-up should continue at a moderate pace.
3. After 5 more minutes or so, stop and stretch 2 muscle groups, i.e. groins and hamstrings.



Starting at the red cone when the coach calls go players lightly jog clockwise around the 'w' shape

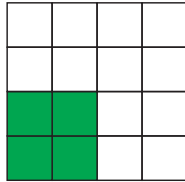


After the players have jogged once round the coach will shout the following instructions - **Backwards**, **Side to Side Left**, **Side to Side Right**, **Heel Flicks**, **Knees Up**, **Backwards**, then **Home** players must then jog back to the red cone. Finishing with some light stretching.

'W' Warm Up - 2 of 3

Equipment

1. 7 Cones
2. 4 Balls



20 x 20m

Objective

To warm up major muscle groups of the lower part of the body by,

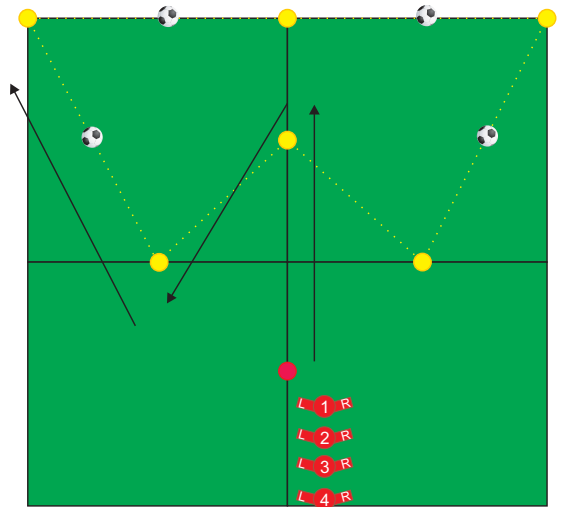
1. Jogging
2. Responding to various exercises from the coach

Session rules (see diagram)

Progressing the session

Coaching points

1. Make sure the players are alert and on their toes throughout the warm-up.
2. The warm-up should start off at a moderate pace.
3. Ball exercises should be performed quick and sharp.
4. After 5 more minutes or so, stop and stretch 2 muscle groups, i.e. calf's and quads.



Starting at the red cone when the coach calls go players lightly jog clockwise around the 'w' shape.

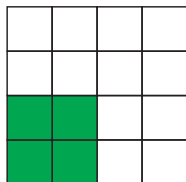
When the player reaches a ball the coach will shout a different exercise.

Toe taps, StepOvers, Jump forward and back and jump side to side.

'W' Warm Up - 3 of 3

Equipment

1. 9 Cones
2. Balls



20 x 20m

Objective

To warm up major muscle groups of the lower part of the body by,

To warm up major muscle groups of the lower part of the body by,

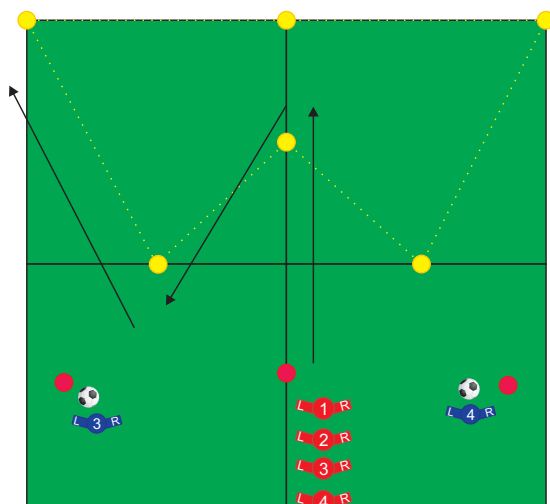
1. Moving at various interval speeds
2. Responding to various exercises from the coach
3. Stretching 2 muscle groups from the legs

Session rules (see diagram)

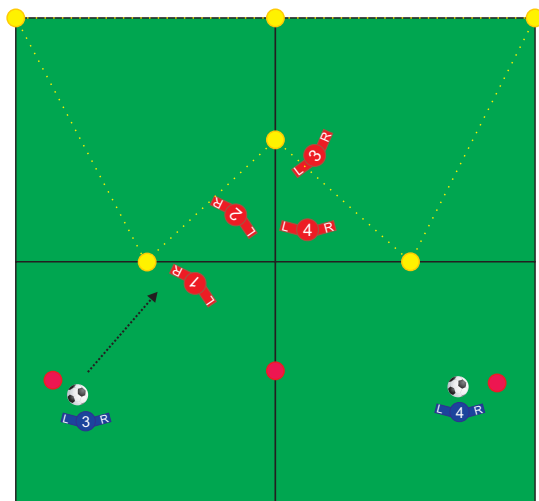
Progressing the session

Coaching points

1. Make sure the players are alert and on their toes throughout the warm-up.
2. Ensure players go around the cones.
3. The warm-up should continue at quicker pace.
4. All coaches commands - Passes, Vollies, Headers etc should be performed sharply.
5. After 5 - 10 more minutes, stop and stretch 2 muscle groups, i.e. front of groins and the back.
6. End with stretching before moving to your main training session.



Starting at the red cone when the coach calls go players lightly jog clockwise around the 'w' shape. The coach then shouts a command **Passes, Vollies or Headers**

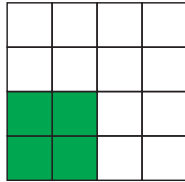


When the player reaches the cone opposite the blue player must perform the command, passing with feet, vollies and headers from hands.

Warm Up 2 - 2 of 3

Equipment

1. Cones
2. Bibs
3. 5 Balls



20 x 20m

Objective

To warm up major muscle groups of the lower part of the body by,

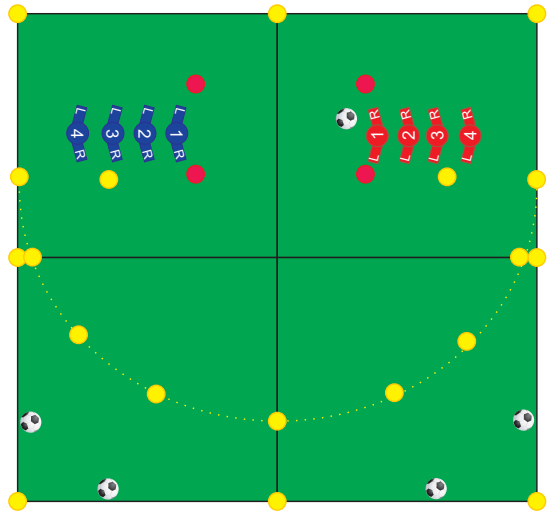
1. Jogging
2. Responding to various exercises from the coach

Session rules (see diagram)

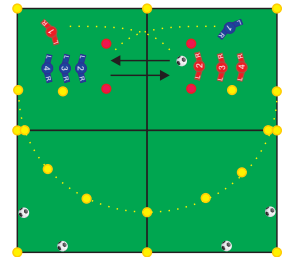
Progressing the session

Coaching points

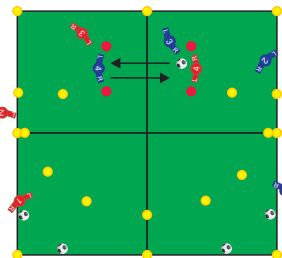
1. Make sure the players are alert and on their toes throughout the warm-up.
2. The warm-up should continue at a moderate pace.
3. The alternate touches from the players between the 4 red cones should be nice and easy, not too hard.
4. Toe taps, StepOvers, Jump forward and back etc should be performed quick and sharp.
5. After 5 more minutes or so, stop and stretch 2 muscle groups, i.e. calf's and quads.



Start by passing the ball to player opposite, then run around the red cone continuing around the yellow cones, red clockwise, blue anti-clockwise.



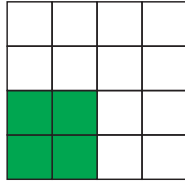
The coach will then shout either, **Toe taps**, **StepOvers**, **Forward and Back**, when the player arrives at the ball he must carry out the command then move to the next ball repeat and then run to the back of the queue



Warm up - Traffic Lights

Equipment

1. Cones
2. Balls



20 x 20m

Objective

To develop young players dribbling and ball control, involves,

1. Using both feet
2. Stopping the ball
3. Dribbling at speed
4. Turning with the ball
5. Keeping the ball
6. Tackling the ball

The main objective is to make the drill fun together with teaching the correct fundamental techniques.

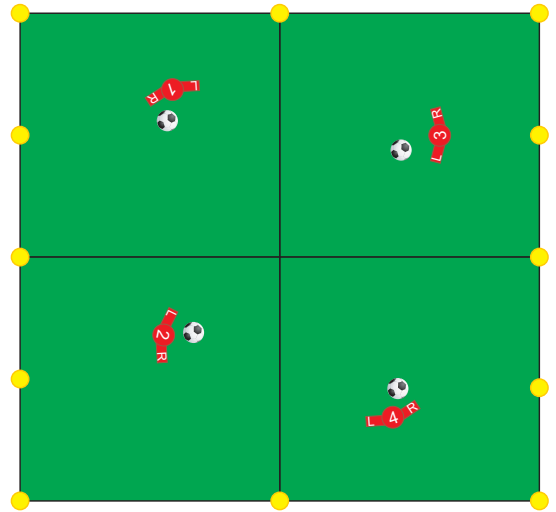
Session rules (see diagram and opposite)

Progressing the session

1. Call out the commands quicker.
2. Rather than calling out use colour cones to represent the commands which encourages looking up

Coaching points

1. Start by telling the players that they are going to be driving a car on the road (yellow square).
2. Then ask them what would happen if you drive off the road? "Crash!" will be the reply.
3. Ask them what happens when you see a green light? "Go!" will be the reply. red/yellow light etc...
5. Encourage the players to use their inside and outside of right and left feet.
6. Keep the ball close to the body.
7. Keep the head up, achieve this by asking the players how mum or dad drive the car.



Coach starts by shouting green light, players then dribble around the area in space.

The coach can then shout any of the following commands

Red light = Stop with foot on ball

Amber light = toe taps

Left turn = turn left

Right turn = turn right

Road Works = Slow down

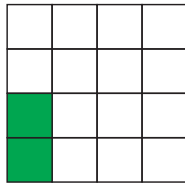
Motorway = Speed up

Runaway truck+player name = player called passes ball to coach and then has to kick another players ball out of the square until the coach shouts another command

Warm up - Dribbling Slalom

Equipment

1. Cones
2. Balls



10 x 20m

Objective

To dribble around the red cones without touching them

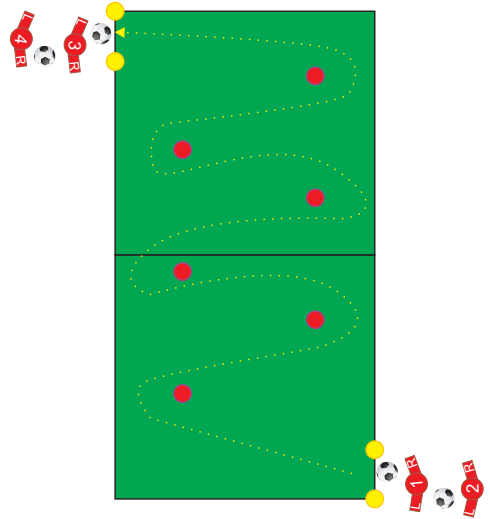
1. Using both feet
2. Dribbling at speed
3. Head up

Session rules (see diagram and opposite)

Progressing the session

Coaching points

1. Be on your toes ready for a quick start when the coach calls go!
2. Keep the ball close to your body.
3. Use the inside and outside of your feet for close control to and around the cones.
4. Keep your head up to be aware of the cones and the ball.
5. When dribbling towards the left side of the yellow finish cone, keep the ball close to you before stopping it.

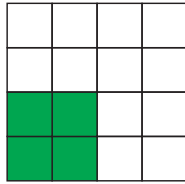


Two sets of players, top and bottom of the grid, players take it in turns to dribble around the slalom cones.

Warm up - Cops and Robbers

Equipment

1. Cones
2. Balls



20 x 20m

IMPORTANT - PITCH SIZE SMALL ENOUGH FOR THE AGE OF THE PLAYERS. IF THE PITCH IS TOO BIG IT ENCOURAGES THE PLAYERS TO HIT LONGER UN-ACCURATE BALLS.

Objective

To develop young players passing technique and accuracy by,

1. Using the inside of the feet
2. Aiming at moving targets

The main objective is to make the drill fun together with teaching the correct fundamental techniques.

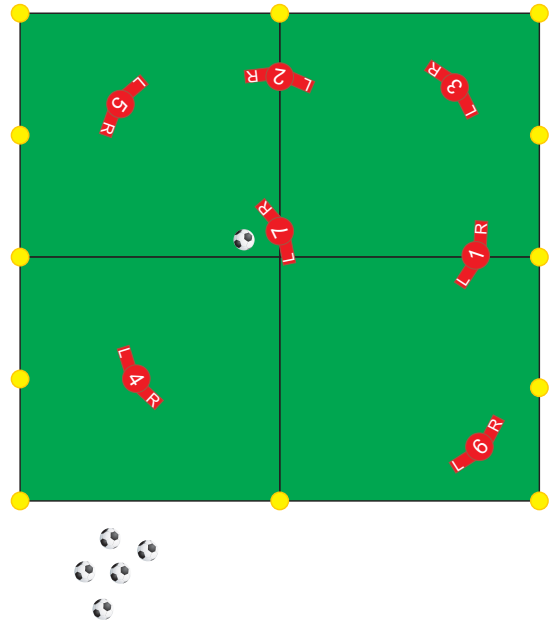
Session rules (see diagram and opposite)

Progressing the session

1. Encourage players to use both feet

Coaching points

1. Pass the ball with the inside of the foot.
2. Strike through the mid-line of the ball keeping it on the ground.



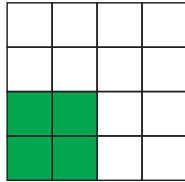
One player starts with the ball he's the cop, the idea is for the cop to hit one of the robbers with the ball, the robbers all the time moving trying to evade capture.

If the cop hits a robber with the ball they then become a cop, collecting a ball from outside the square and then trying to hit one of the robbers.

World Cup 1

Equipment

1. Cones
2. Balls
3. Bibs



20 x 20m

Objective

To develop finishing in the goal area by,

1. Using the laces area of the boot
2. Shooting at the earliest opportunity

The main objective is to make the drill fun together with teaching the correct fundamental techniques.

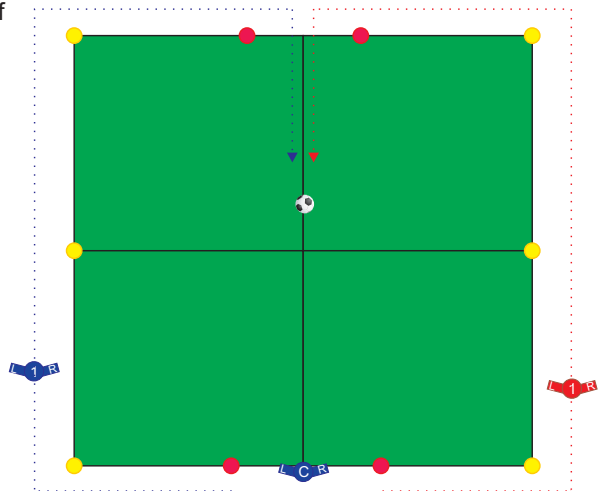
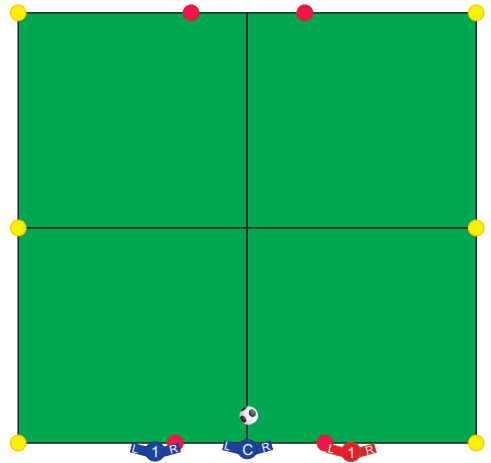
Session rules (see diagram)

One player from each team starts with their hand on the cone, the coach then rolls the ball in the centre of the playing area.

As soon as the ball leaves the coaches hand the two players race around the yellow cones - Blue clockwise - Red anticlockwise and then through the red gate to attack the ball, trying to score against the coach.

Coaching points

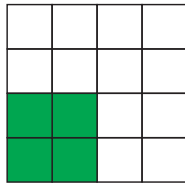
1. Good running speed to the gate.
2. Head should be over the ball as it is struck.
3. Strike the ball with the laces area of the boot.
4. Shoot at the earliest opportunity.
5. Encourage the slower player to make a recovering tackle.



Warm up - Round the box

Equipment

1. 5x Players
2. Red/Yellow Cones
3. Balls



20 x 20m

Objective

To develop ball control, communication and decision making

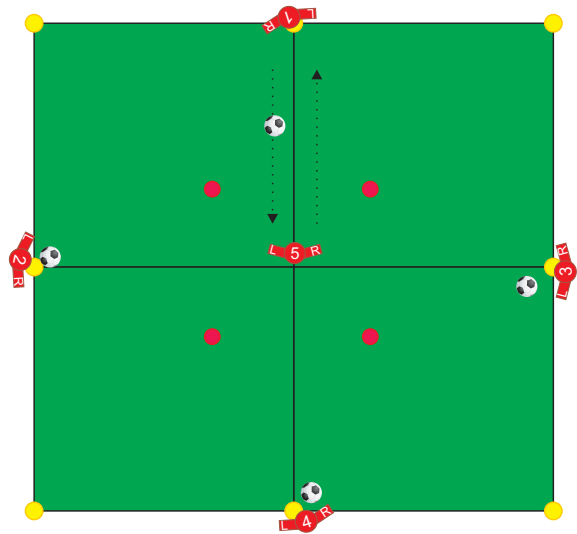
1. Using both feet
2. Controlled passing
3. Stopping the ball

Session rules (see diagram and opposite)

Progressing the session (see diagram and opposite)

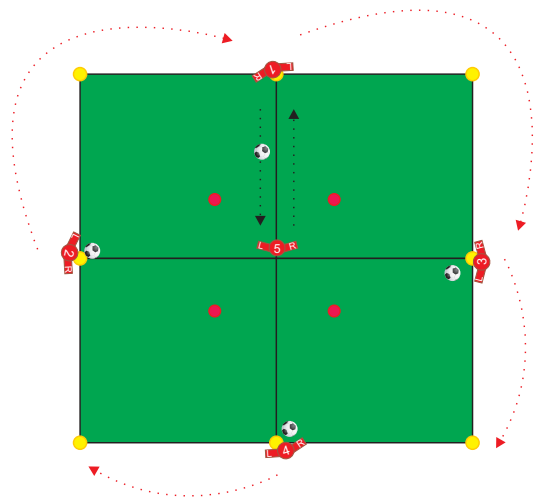
Coaching points

1. Encourage good communication when calling for the pass.



Player in the centre of the red cones calls for a pass from the player he is facing, balls passed and then passed back. He then turns to another player and takes a pass. After 5 or 6 passes swap players.

Progression

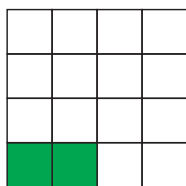


When the coach shouts change the outer players can move to any of the yellow cones. They cannot pass another outer player.

Warm up - 1v4 vs 4v1

Equipment

1. Players
2. Cones
3. Ball
4. Bibs



10 x 20m

Objective

To develop ball control, communication and decision making

1. Using both feet
2. Controlled passing
3. Stopping the ball

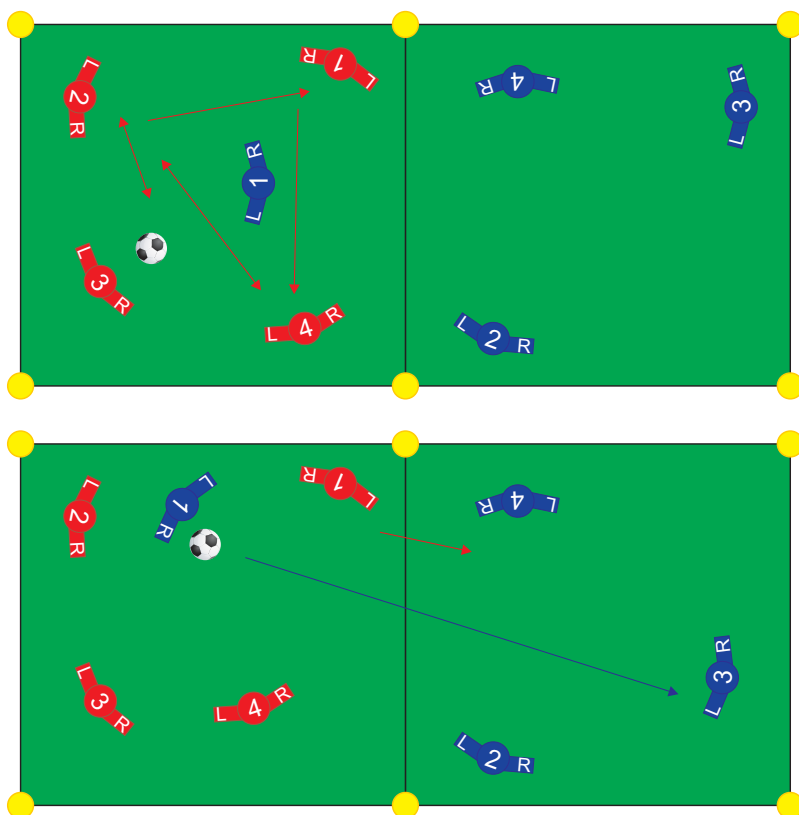
Session rules (see below)

1. Red players in one square, blues in the other square. Reds start with the ball and one blue player moves into the red square.
2. Red players pass between teammates blue player tries to intercept the ball.
3. When the blue player intercepts he then passes the ball back to a blue team mate, and moves back into the blue square.
4. The closest red player then moves into the blues square to try and intercept the ball.

Progressing the session

Two players v Four Players

Coaching points



Date _____

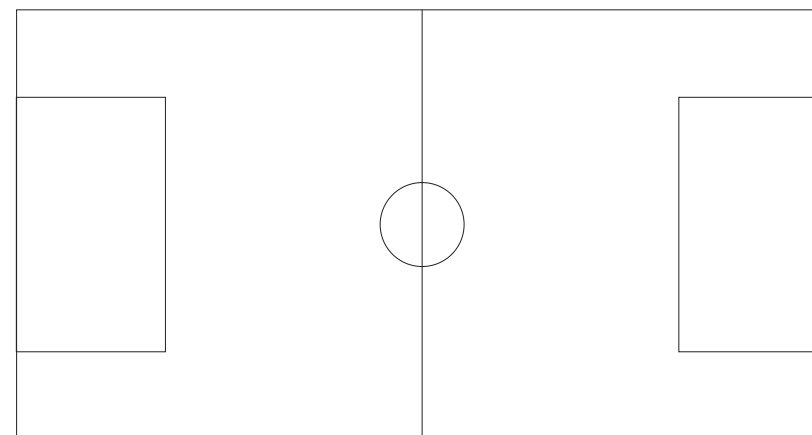
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| No. | Name | Age | Sex | Religion | Marital Status | Occupation |
|-----|----------|-----|-----|----------|----------------|-------------|
| 1 | Abdullah | 35 | M | Islam | Married | Teacher |
| 2 | Ali | 42 | M | Islam | Single | Farmer |
| 3 | Ahmed | 28 | M | Islam | Married | Engineer |
| 4 | Ahmed | 38 | M | Islam | Married | Doctor |
| 5 | Ahmed | 45 | M | Islam | Married | Businessman |
| 6 | Ahmed | 52 | M | Islam | Married | Retired |
| 7 | Ahmed | 58 | M | Islam | Married | Retired |
| 8 | Ahmed | 65 | M | Islam | Married | Retired |
| 9 | Ahmed | 72 | M | Islam | Married | Retired |
| 10 | Ahmed | 78 | M | Islam | Married | Retired |
| 11 | Ahmed | 85 | M | Islam | Married | Retired |
| 12 | Ahmed | 92 | M | Islam | Married | Retired |
| 13 | Ahmed | 98 | M | Islam | Married | Retired |
| 14 | Ahmed | 105 | M | Islam | Married | Retired |
| 15 | Ahmed | 112 | M | Islam | Married | Retired |
| 16 | Ahmed | 118 | M | Islam | Married | Retired |
| 17 | Ahmed | 125 | M | Islam | Married | Retired |
| 18 | Ahmed | 132 | M | Islam | Married | Retired |
| 19 | Ahmed | 138 | M | Islam | Married | Retired |
| 20 | Ahmed | 145 | M | Islam | Married | Retired |
| 21 | Ahmed | 152 | M | Islam | Married | Retired |
| 22 | Ahmed | 158 | M | Islam | Married | Retired |
| 23 | Ahmed | 165 | M | Islam | Married | Retired |
| 24 | Ahmed | 172 | M | Islam | Married | Retired |
| 25 | Ahmed | 178 | M | Islam | Married | Retired |
| 26 | Ahmed | 185 | M | Islam | Married | Retired |
| 27 | Ahmed | 192 | M | Islam | Married | Retired |
| 28 | Ahmed | 198 | M | Islam | Married | Retired |
| 29 | Ahmed | 205 | M | Islam | Married | Retired |
| 30 | Ahmed | 212 | M | Islam | Married | Retired |
| 31 | Ahmed | 218 | M | Islam | Married | Retired |
| 32 | Ahmed | 225 | M | Islam | Married | Retired |
| 33 | Ahmed | 232 | M | Islam | Married | Retired |
| 34 | Ahmed | 238 | M | Islam | Married | Retired |
| 35 | Ahmed | 245 | M | Islam | Married | Retired |
| 36 | Ahmed | 252 | M | Islam | Married | Retired |
| 37 | Ahmed | 258 | M | Islam | Married | Retired |
| 38 | Ahmed | 265 | M | Islam | Married | Retired |
| 39 | Ahmed | 272 | M | Islam | Married | Retired |
| 40 | Ahmed | 278 | M | Islam | Married | Retired |
| 41 | Ahmed | 285 | M | Islam | Married | Retired |
| 42 | Ahmed | 292 | M | Islam | Married | Retired |
| 43 | Ahmed | 298 | M | Islam | Married | Retired |
| 44 | Ahmed | 305 | M | Islam | Married | Retired |
| 45 | Ahmed | 312 | M | Islam | Married | Retired |
| 46 | Ahmed | 318 | M | Islam | Married | Retired |
| 47 | Ahmed | 325 | M | Islam | Married | Retired |
| 48 | Ahmed | 332 | M | Islam | Married | Retired |
| 49 | Ahmed | 338 | M | Islam | Married | Retired |
| 50 | Ahmed | 345 | M | Islam | Married | Retired |
| 51 | Ahmed | 352 | M | Islam | Married | Retired |
| 52 | Ahmed | 358 | M | Islam | Married | Retired |
| 53 | Ahmed | 365 | M | Islam | Married | Retired |
| 54 | Ahmed | 372 | M | Islam | Married | Retired |
| 55 | Ahmed | 378 | M | Islam | Married | Retired |
| 56 | Ahmed | 385 | M | Islam | Married | Retired |
| 57 | Ahmed | 392 | M | Islam | Married | Retired |
| 58 | Ahmed | 398 | M | Islam | Married | Retired |
| 59 | Ahmed | 405 | M | Islam | Married | Retired |
| 60 | Ahmed | 412 | M | Islam | Married | Retired |
| 61 | Ahmed | 418 | M | Islam | Married | Retired |
| 62 | Ahmed | 425 | M | Islam | Married | Retired |
| 63 | Ahmed | 432 | M | Islam | Married | Retired |
| 64 | Ahmed | 438 | M | Islam | Married | Retired |
| 65 | Ahmed | 445 | M | Islam | Married | Retired |
| 66 | Ahmed | 452 | M | Islam | Married | Retired |
| 67 | Ahmed | 458 | M | Islam | Married | Retired |
| 68 | Ahmed | 465 | M | Islam | Married | Retired |
| 69 | Ahmed | 472 | M | Islam | Married | Retired |
| 70 | Ahmed | 478 | M | Islam | Married | Retired |
| 71 | Ahmed | 485 | M | Islam | Married | Retired |
| 72 | Ahmed | 492 | M | Islam | Married | Retired |
| 73 | Ahmed | 498 | M | Islam | Married | Retired |
| 74 | Ahmed | 505 | M | Islam | | |

| Date | Time | Location | Weather | Wind | Temp | Humidity | Pressure | Remarks |
|------|------|----------|---------|------|------|----------|----------|---------|
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| Circumstance | Percentage of respondents (%) |
|---------------------------|-------------------------------|
| (a) self-defense | 95 |
| (b) defense of others | 90 |
| (c) defense of property | 85 |
| (d) defense of a business | 80 |
| (e) defense of a country | 65 |

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Date _____

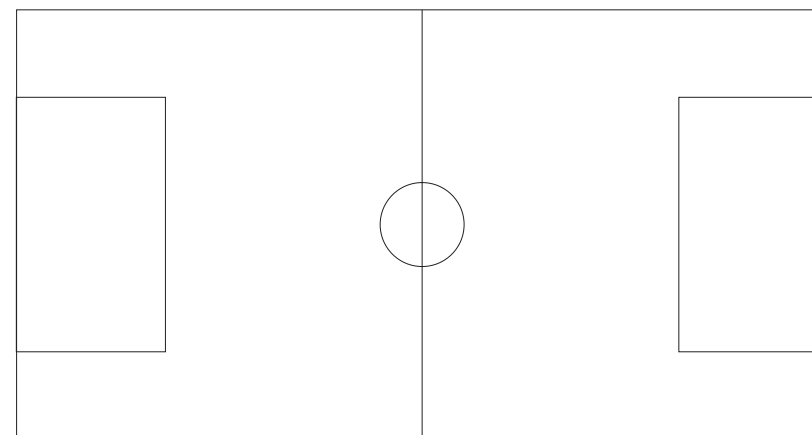
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| Case | Age | Sex | Occupation | Duration of symptoms (years) | Onset | Course | Family history | Social history | Physical examination | Laboratory studies | Imaging studies | Pathology | Treatment | Outcome |
|------|-----|-----|------------|------------------------------|-------|---------|----------------|----------------|----------------------|--------------------|-----------------|-----------|-----------|---------|
| | | | | | | | | | | | | | | |
| 1 | 45 | M | Teacher | 10 | 1985 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 2 | 52 | F | Homemaker | 5 | 1990 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 3 | 68 | M | Retired | 15 | 1975 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 4 | 35 | F | Nurse | 8 | 1988 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 5 | 42 | M | Engineer | 12 | 1980 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 6 | 58 | F | Homemaker | 7 | 1992 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 7 | 65 | M | Retired | 18 | 1970 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 8 | 38 | F | Teacher | 6 | 1995 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 9 | 55 | M | Engineer | 9 | 1987 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 10 | 48 | F | Homemaker | 11 | 1983 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 11 | 62 | M | Retired | 14 | 1978 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 12 | 32 | F | Nurse | 4 | 1998 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 13 | 50 | M | Engineer | 10 | 1986 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 14 | 57 | F | Homemaker | 7 | 1993 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 15 | 64 | M | Retired | 16 | 1972 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 16 | 37 | F | Teacher | 5 | 1996 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 17 | 53 | M | Engineer | 9 | 1989 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 18 | 49 | F | Homemaker | 11 | 1984 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 19 | 61 | M | Retired | 13 | 1979 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 20 | 34 | F | Nurse | 3 | 1999 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 21 | 51 | M | Engineer | 10 | 1987 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 22 | 56 | F | Homemaker | 8 | 1991 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 23 | 63 | M | Retired | 15 | 1973 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 24 | 36 | F | Teacher | 4 | 1997 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 25 | 54 | M | Engineer | 9 | 1988 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 26 | 47 | F | Homemaker | 11 | 1985 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 27 | 60 | M | Retired | 14 | 1977 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 28 | 33 | F | Nurse | 3 | 2000 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 29 | 50 | M | Engineer | 10 | 1986 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 30 | 55 | F | Homemaker | 8 | 1992 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 31 | 62 | M | Retired | 13 | 1978 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 32 | 35 | F | Teacher | 4 | 1998 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 33 | 52 | M | Engineer | 9 | 1989 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 34 | 48 | F | Homemaker | 11 | 1983 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 35 | 61 | M | Retired | 14 | 1979 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 36 | 34 | F | Nurse | 3 | 2000 | Chronic | None | None | Normal | Normal | | | | |

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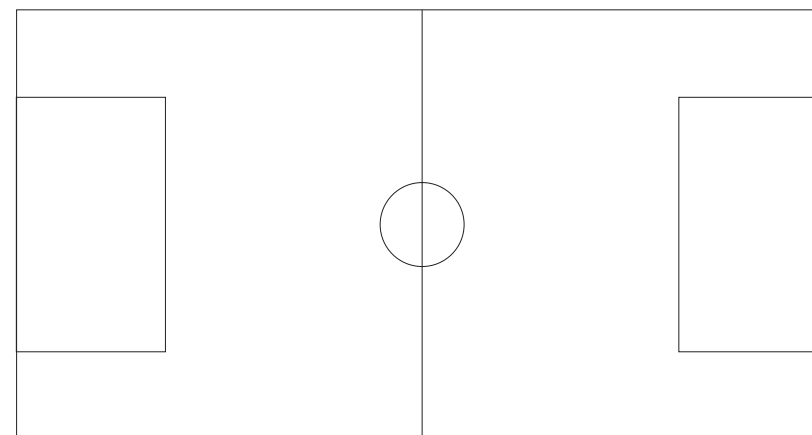
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| Case | Age | Sex | Occupation | Duration of symptoms (years) | Onset of symptoms | Family history of psychiatric illness | Previous psychiatric history | Current psychiatric symptoms | Current medical symptoms | Current medications | Current treatments | Outcome |
|------|-----|-----|------------|------------------------------|-------------------|---------------------------------------|------------------------------|------------------------------------|-------------------------------|------------------------------|--------------------|----------|
| | | | | | | | | | | | | |
| 1 | 25 | F | Student | 1 | 1998 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 2 | 32 | M | Teacher | 2 | 2000 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 3 | 28 | F | Homemaker | 1 | 2001 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 4 | 35 | M | Engineer | 3 | 2002 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 5 | 22 | F | Student | 1 | 2003 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 6 | 30 | M | Manager | 2 | 2004 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 7 | 27 | F | Homemaker | 1 | 2005 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 8 | 33 | M | Teacher | 2 | 2006 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 9 | 29 | F | Student | 1 | 2007 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 10 | 31 | M | Engineer | 2 | 2008 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 11 | 26 | F | Homemaker | 1 | 2009 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 12 | 34 | M | Manager | 2 | 2010 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 13 | 23 | F | Student | 1 | 2011 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 14 | 36 | M | Teacher | 2 | 2012 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 15 | 24 | F | Homemaker | 1 | 2013 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 16 | 37 | M | Engineer | 3 | 2014 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 17 | 21 | F | Student | 1 | 2015 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 18 | 38 | M | Manager | 2 | 2016 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 19 | 25 | F | Homemaker | 1 | 2017 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |
| 20 | 39 | M | Teacher | 2 | 2018 | No | No | Depression, anxiety, panic attacks | Headaches, dizziness, fatigue | Antidepressants, anxiolytics | Psychotherapy | Improved |

| Patient Information | |
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| First Name | |
| Last Name | |
| Address | |
| City | |
| State | |
| Zip | |
| Phone | |
| Age | |
| Gender | |
| Occupation | |
| Referral Source | |
| History of Present Illness | |
| Onset of symptoms | |
| Duration of symptoms | |
| Frequency of symptoms | |
| Severity of symptoms | |
| Associated symptoms | |
| Previous treatments | |
| Response to treatment | |
| Family History | |
| Social History | |
| Physical Examination | |
| Vital Signs | |
| General Appearance | |
| Head and Neck | |
| Chest and Lungs | |
| Heart and Circulation | |
| Abdomen and GI | |
| Genitourinary | |
| Neurological | |
| Musculoskeletal | |
| Skin | |
| Laboratory Tests | |
| Imaging Studies | |
| Pathology | |
| Microbiology | |
| Immunology | |
| Genetics | |
| Special Studies | |
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| Treatment Plan | |
| Follow-up | |
| Patient Education | |
| Referral | |
| Signature | |
| Date | |

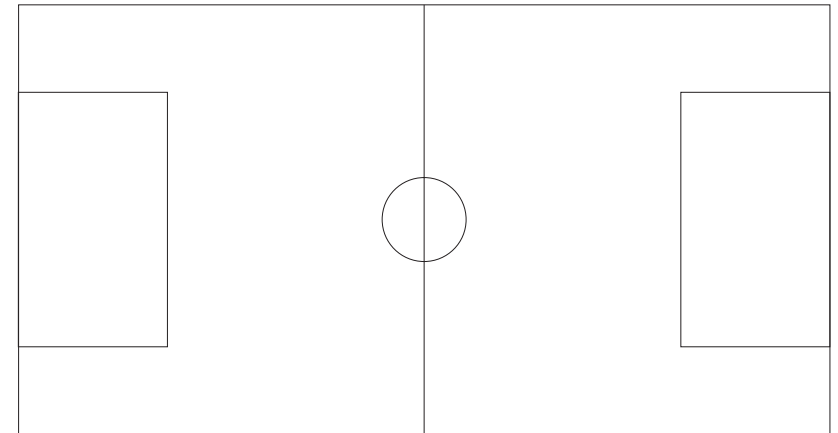

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| Date | Time | Location | Weather | Wind | Temp | Humidity | Pressure | Remarks |
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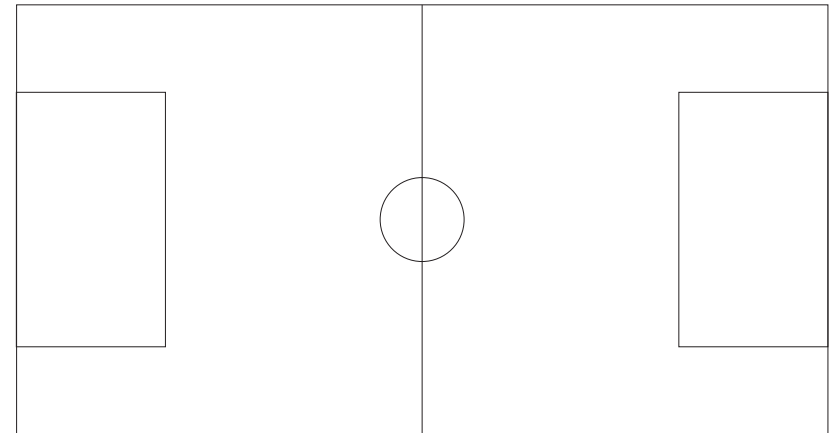

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| Case | Age | Sex | Occupation | Duration of symptoms | Onset | Course | Treatment | Outcome | Comments |
|------|-----|-----|------------|----------------------|-------|---------|-----------|---------|-----------------------------------|
| | | | | | | | | | |
| 1 | 45 | M | Teacher | 10 years | 1975 | Chronic | None | Stable | First case in the series |
| 2 | 52 | F | Homemaker | 5 years | 1980 | Chronic | None | Stable | Second case in the series |
| 3 | 38 | M | Engineer | 3 years | 1985 | Chronic | None | Stable | Third case in the series |
| 4 | 60 | F | Retired | 15 years | 1970 | Chronic | None | Stable | Fourth case in the series |
| 5 | 42 | M | Manager | 8 years | 1982 | Chronic | None | Stable | Fifth case in the series |
| 6 | 55 | F | Homemaker | 12 years | 1978 | Chronic | None | Stable | Sixth case in the series |
| 7 | 35 | M | Engineer | 4 years | 1988 | Chronic | None | Stable | Seventh case in the series |
| 8 | 65 | F | Retired | 20 years | 1965 | Chronic | None | Stable | Eighth case in the series |
| 9 | 48 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Ninth case in the series |
| 10 | 58 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Tenth case in the series |
| 11 | 33 | M | Engineer | 2 years | 1990 | Chronic | None | Stable | Eleventh case in the series |
| 12 | 62 | F | Retired | 18 years | 1968 | Chronic | None | Stable | Twelfth case in the series |
| 13 | 44 | M | Manager | 6 years | 1984 | Chronic | None | Stable | Thirteenth case in the series |
| 14 | 54 | F | Homemaker | 10 years | 1977 | Chronic | None | Stable | Fourteenth case in the series |
| 15 | 36 | M | Engineer | 3 years | 1987 | Chronic | None | Stable | Fifteenth case in the series |
| 16 | 64 | F | Retired | 19 years | 1967 | Chronic | None | Stable | Sixteenth case in the series |
| 17 | 46 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Seventeenth case in the series |
| 18 | 56 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Eighteenth case in the series |
| 19 | 34 | M | Engineer | 2 years | 1989 | Chronic | None | Stable | Nineteenth case in the series |
| 20 | 61 | F | Retired | 17 years | 1969 | Chronic | None | Stable | Twentieth case in the series |
| 21 | 43 | M | Manager | 6 years | 1984 | Chronic | None | Stable | Twenty-first case in the series |
| 22 | 53 | F | Homemaker | 10 years | 1977 | Chronic | None | Stable | Twenty-second case in the series |
| 23 | 37 | M | Engineer | 3 years | 1986 | Chronic | None | Stable | Twenty-third case in the series |
| 24 | 63 | F | Retired | 18 years | 1968 | Chronic | None | Stable | Twenty-fourth case in the series |
| 25 | 47 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Twenty-fifth case in the series |
| 26 | 57 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Twenty-sixth case in the series |
| 27 | 39 | M | Engineer | 3 years | 1985 | Chronic | None | Stable | Twenty-seventh case in the series |
| 28 | 66 | F | Retired | 19 years | 1967 | Chronic | None | Stable | Twenty-eighth case in the series |
| 29 | 49 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Twenty-ninth case in the series |
| 30 | 59 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Thirtieth case in the series |
| 31 | 31 | M | Engineer | 2 years | 1991 | Chronic | None | Stable | Thirty-first case in the series |
| 32 | 61 | F | Retired | 17 years | 1969 | Chronic | None | Stable | Thirty-second case in the series |
| 33 | 41 | M | Manager | 6 years | 1984 | Chronic | None | Stable | Thirty-third case in the series |
| 34 | 51 | F | Homemaker | 10 years | 1977 | Chronic | None | Stable | Thirty-fourth case in the series |
| 35 | 32 | M | Engineer | 2 years | 1990 | Chronic | None | Stable | Thirty-fifth case in the series |
| 36 | 62 | F | Retired | 18 years | 1968 | Chronic | None | Stable | Thirty-sixth case in the series |
| 37 | 45 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Thirty-seventh case in the series |
| 38 | 55 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Thirty-eighth case in the series |
| 39 | 35 | M | Engineer | 3 years | 1986 | Chronic | None | Stable | Thirty-ninth case in the series |
| 40 | 65 | F | Retired | 19 years | 1967 | Chronic | None | Stable | Fortieth case in the series |
| 41 | 48 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Forty-first case in the series |
| 42 | 58 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Forty-second case in the series |
| 43 | 33 | M | Engineer | 2 years | 1990 | Chronic | None | Stable | Forty-third case in the series |
| 44 | 63 | F | Retired | 18 years | 1968 | Chronic | None | Stable | Forty-fourth case in the series |
| 45 | 47 | M | Manager | 7 years | 1983 | Chronic | None | Stable | Forty-fifth case in the series |
| 46 | 57 | F | Homemaker | 11 years | 1979 | Chronic | None | Stable | Forty-sixth case in the series |
| 47 | 37 | M | Engineer | 3 years | 1986 | Chronic | None | Stable | Forty-seventh case in the series |
| 48 | 67 | F | Retired | 19 years | 1967 | Chronic | None | Stable | Forty-eighth case in the series |

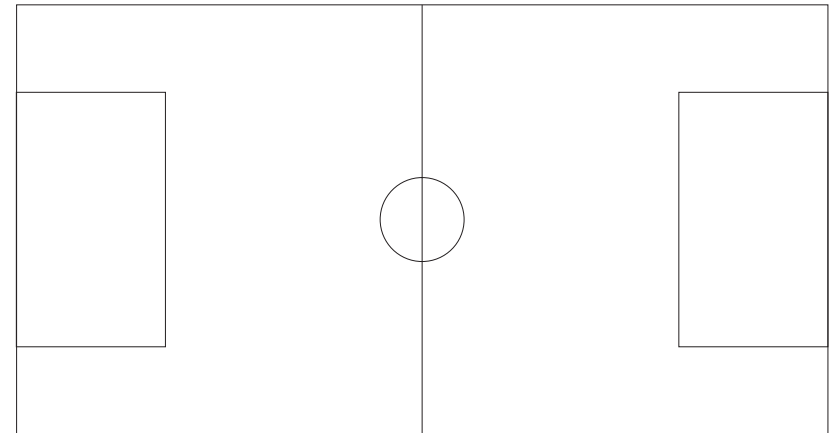

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| Case | Age | Sex | Occupation | Duration of symptoms (years) | Onset | Course | Family history | Social history | Physical examination | Laboratory studies | Imaging studies | Pathology | Treatment | Outcome |
|------|-----|-----|------------|------------------------------|-------|---------|----------------|----------------|----------------------|--------------------|-----------------|-----------|-----------|---------|
| | | | | | | | | | | | | | | |
| 1 | 45 | M | Teacher | 10 | 1985 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 2 | 55 | F | Homemaker | 5 | 1990 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 3 | 65 | M | Retired | 15 | 1975 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 4 | 75 | F | Retired | 20 | 1955 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 5 | 85 | M | Retired | 25 | 1960 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 6 | 95 | F | Retired | 30 | 1965 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 7 | 105 | M | Retired | 35 | 1970 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 8 | 115 | F | Retired | 40 | 1975 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 9 | 125 | M | Retired | 45 | 1980 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 10 | 135 | F | Retired | 50 | 1985 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 11 | 145 | M | Retired | 55 | 1990 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 12 | 155 | F | Retired | 60 | 1995 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 13 | 165 | M | Retired | 65 | 2000 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 14 | 175 | F | Retired | 70 | 2005 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 15 | 185 | M | Retired | 75 | 2010 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 16 | 195 | F | Retired | 80 | 2015 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 17 | 205 | M | Retired | 85 | 2020 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 18 | 215 | F | Retired | 90 | 2025 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 19 | 225 | M | Retired | 95 | 2030 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |
| 20 | 235 | F | Retired | 100 | 2035 | Chronic | None | None | Normal | Normal | Normal | Normal | None | Stable |

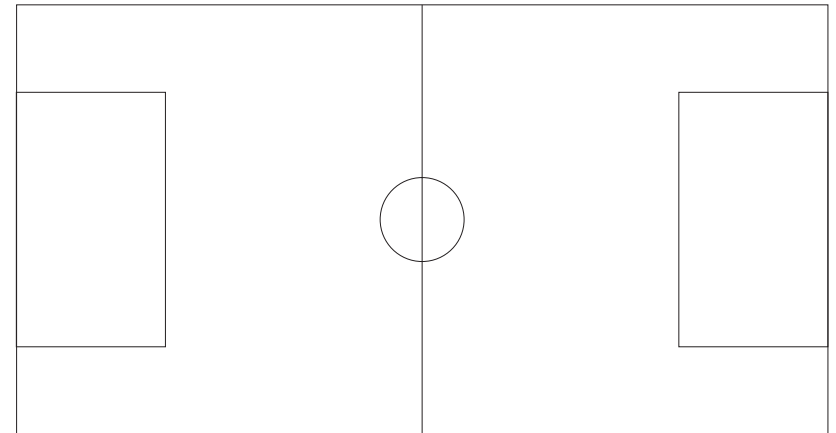

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| Case | Age | Sex | Occupation | Duration of symptoms (years) | Onset of symptoms | Family history of psychiatric illness | Social history | Medical history | Physical examination | Mental examination | Diagnosis | Treatment | Outcome | Follow-up | Comments |
|------|-----|-----|------------|------------------------------|-------------------|---------------------------------------|----------------|-----------------|----------------------|--------------------|------------------------------|-----------------|-----------|-----------|---------------|
| | | | | | | | | | | | | | | | |
| 1 | 25 | M | Student | 1 | Acute | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 2 | 35 | F | Teacher | 5 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 3 | 45 | M | Engineer | 10 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 4 | 55 | F | Homemaker | 15 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 5 | 65 | M | Retired | 20 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 6 | 75 | F | Retired | 25 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 7 | 85 | M | Retired | 30 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 8 | 95 | F | Retired | 35 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 9 | 105 | M | Retired | 40 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 10 | 115 | F | Retired | 45 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 11 | 125 | M | Retired | 50 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 12 | 135 | F | Retired | 55 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 13 | 145 | M | Retired | 60 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 14 | 155 | F | Retired | 65 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 15 | 165 | M | Retired | 70 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 16 | 175 | F | Retired | 75 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 17 | 185 | M | Retired | 80 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 18 | 195 | F | Retired | 85 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 19 | 205 | M | Retired | 90 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 20 | 215 | F | Retired | 95 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 21 | 225 | M | Retired | 100 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 22 | 235 | F | Retired | 105 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 23 | 245 | M | Retired | 110 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 24 | 255 | F | Retired | 115 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 25 | 265 | M | Retired | 120 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 26 | 275 | F | Retired | 125 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 27 | 285 | M | Retired | 130 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 28 | 295 | F | Retired | 135 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 29 | 305 | M | Retired | 140 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 30 | 315 | F | Retired | 145 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 31 | 325 | M | Retired | 150 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 32 | 335 | F | Retired | 155 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 33 | 345 | M | Retired | 160 | Chronic | | | | | | | | | | |

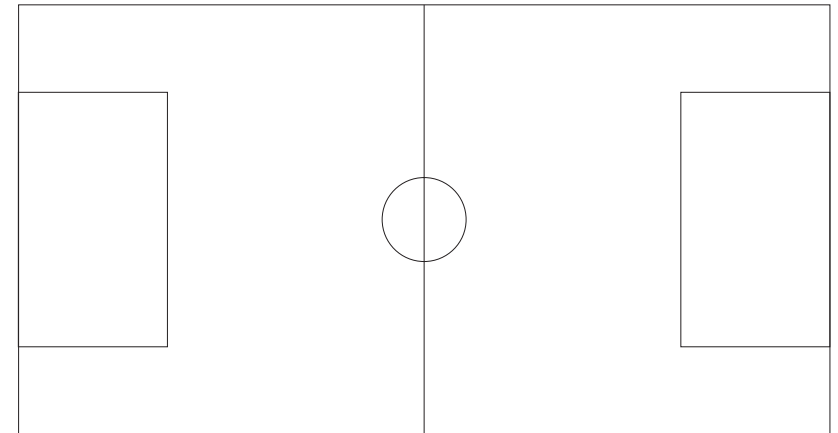

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| Country | Year | Mean (SD) | | Median (IQR) | | Range | | Skewness | | Kurtosis | |
|----------------|------|-------------|-------------|--------------|-------------|-----------|-----------|----------|--------|----------|--------|
| | | Age | Gender | Age | Gender | Age | Gender | Age | Gender | Age | Gender |
| Australia | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Canada | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| France | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Germany | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Italy | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Japan | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Netherlands | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Spain | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Sweden | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Switzerland | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| United Kingdom | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| United States | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |

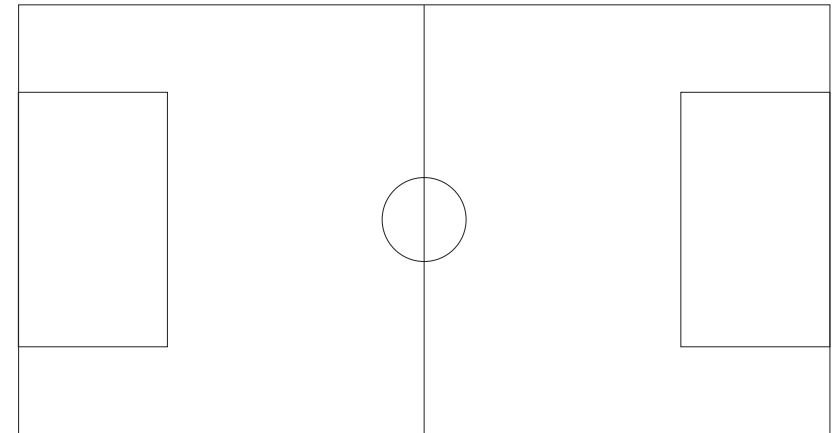

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| Country | Year | Number of cases | | Number of deaths | |
|---------|------|-----------------|------|------------------|------|
| | | 1990 | 2000 | 1990 | 2000 |
| Algeria | 1990 | 100 | 100 | 100 | 100 |
| Algeria | 2000 | 100 | 100 | 100 | 100 |
| Algeria | 2001 | 100 | 100 | 100 | 100 |
| Algeria | 2002 | 100 | 100 | 100 | 100 |
| Algeria | 2003 | 100 | 100 | 100 | 100 |
| Algeria | 2004 | 100 | 100 | 100 | 100 |
| Algeria | 2005 | 100 | 100 | 100 | 100 |
| Algeria | 2006 | 100 | 100 | 100 | 100 |
| Algeria | 2007 | 100 | 100 | 100 | 100 |
| Algeria | 2008 | 100 | 100 | 100 | 100 |
| Algeria | 2009 | 100 | 100 | 100 | 100 |
| Algeria | 2010 | 100 | 100 | 100 | 100 |
| Algeria | 2011 | 100 | 100 | 100 | 100 |
| Algeria | 2012 | 100 | 100 | 100 | 100 |
| Algeria | 2013 | 100 | 100 | 100 | 100 |
| Algeria | 2014 | 100 | 100 | 100 | 100 |
| Algeria | 2015 | 100 | 100 | 100 | 100 |
| Algeria | 2016 | 100 | 100 | 100 | 100 |
| Algeria | 2017 | 100 | 100 | 100 | 100 |
| Algeria | 2018 | 100 | 100 | 100 | 100 |
| Algeria | 2019 | 100 | 100 | 100 | 100 |
| Algeria | 2020 | 100 | 100 | 100 | 100 |
| Algeria | 2021 | 100 | 100 | 100 | 100 |
| Algeria | 2022 | 100 | 100 | 100 | 100 |
| Algeria | 2023 | 100 | 100 | 100 | 100 |
| Algeria | 2024 | 100 | 100 | 100 | 100 |
| Algeria | 2025 | 100 | 100 | 100 | 100 |
| Algeria | 2026 | 100 | 100 | 100 | 100 |
| Algeria | 2027 | 100 | 100 | 100 | 100 |
| Algeria | 2028 | 100 | 100 | 100 | 100 |
| Algeria | 2029 | 100 | 100 | 100 | 100 |
| Algeria | 2030 | 100 | 100 | 100 | 100 |
| Algeria | 2031 | 100 | 100 | 100 | 100 |
| Algeria | 2032 | 100 | 100 | 100 | 100 |
| Algeria | 2033 | 100 | 100 | 100 | 100 |
| Algeria | 2034 | 100 | 100 | 100 | 100 |
| Algeria | 2035 | 100 | 100 | 100 | 100 |
| Algeria | 2036 | 100 | 100 | 100 | 100 |
| Algeria | 2037 | 100 | 100 | 100 | 100 |
| Algeria | 2038 | 100 | 100 | 100 | 100 |
| Algeria | 2039 | 100 | 100 | 100 | 100 |
| Algeria | 2040 | 100 | 100 | 100 | 100 |
| Algeria | 2041 | 100 | 100 | 100 | 100 |
| Algeria | 2042 | 100 | 100 | 100 | 100 |
| Algeria | 2043 | 100 | 100 | 100 | 100 |
| Algeria | 2044 | 100 | 100 | 100 | 100 |
| Algeria | 2045 | 100 | 100 | 100 | 100 |
| Algeria | 2046 | 100 | 100 | 100 | 100 |
| Algeria | 2047 | 100 | 100 | 100 | 100 |
| Algeria | 2048 | 100 | 100 | 100 | 100 |
| Algeria | 2049 | 100 | 100 | 100 | 100 |
| Algeria | 2050 | 100 | 100 | 100 | 100 |
| Algeria | 2051 | 100 | 100 | 100 | 100 |
| Algeria | 2052 | 100 | 100 | 100 | 100 |
| Algeria | 2053 | 100 | 100 | 100 | 100 |
| Algeria | 2054 | 100 | 100 | 100 | 100 |
| Algeria | 2055 | 100 | 100 | 100 | 100 |
| Algeria | 2056 | 100 | 100 | 100 | 100 |
| Algeria | 2057 | 100 | 100 | 100 | 100 |
| Algeria | 2058 | 100 | 100 | 100 | 100 |
| Algeria | 2059 | 100 | 100 | 100 | 100 |
| Algeria | 2060 | 100 | 100 | 100 | 100 |
| Algeria | 2061 | 100 | 100 | 100 | 100 |
| Algeria | 2062 | 100 | 100 | 100 | 100 |
| Algeria | 2063 | 100 | 100 | 100 | 100 |
| Algeria | 2064 | 100 | 100 | 100 | 100 |
| Algeria | 2065 | 100 | 100 | 100 | 100 |
| Algeria | 2066 | 100 | 100 | 100 | 100 |
| Algeria | 2067 | 100 | 100 | 100 | 100 |
| Algeria | 2068 | 100 | 100 | 100 | 100 |
| Algeria | 2069 | 100 | 100 | 100 | 100 |
| Algeria | | | | | |

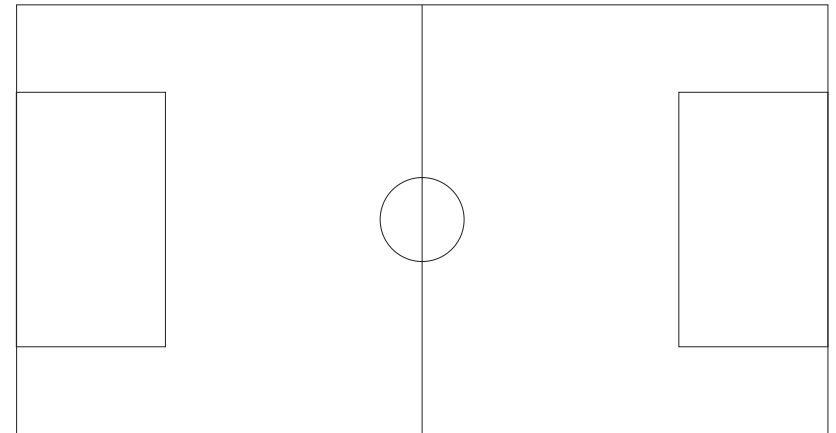

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| Case | Age | Sex | Occupation | Duration of symptoms (years) | Onset of symptoms | Family history of psychiatric illness | Social history | Medical history | Physical examination | Mental examination | Diagnosis | Treatment | Outcome | Follow-up | Comments |
|------|-----|-----|------------|------------------------------|-------------------|---------------------------------------|----------------|-----------------|----------------------|--------------------|------------------------------|-----------------|-----------|-----------|---------------|
| | | | | | | | | | | | | | | | |
| 1 | 25 | M | Student | 1 | Acute | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 2 | 35 | F | Teacher | 5 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 3 | 45 | M | Engineer | 10 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 4 | 55 | F | Homemaker | 15 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 5 | 65 | M | Retired | 20 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 6 | 75 | F | Retired | 25 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 7 | 85 | M | Retired | 30 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 8 | 95 | F | Retired | 35 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 9 | 105 | M | Retired | 40 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 10 | 115 | F | Retired | 45 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 11 | 125 | M | Retired | 50 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 12 | 135 | F | Retired | 55 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 13 | 145 | M | Retired | 60 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 14 | 155 | F | Retired | 65 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 15 | 165 | M | Retired | 70 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 16 | 175 | F | Retired | 75 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 17 | 185 | M | Retired | 80 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 18 | 195 | F | Retired | 85 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 19 | 205 | M | Retired | 90 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 20 | 215 | F | Retired | 95 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 21 | 225 | M | Retired | 100 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 22 | 235 | F | Retired | 105 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 23 | 245 | M | Retired | 110 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 24 | 255 | F | Retired | 115 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 25 | 265 | M | Retired | 120 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 26 | 275 | F | Retired | 125 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 27 | 285 | M | Retired | 130 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 28 | 295 | F | Retired | 135 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 29 | 305 | M | Retired | 140 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 30 | 315 | F | Retired | 145 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 31 | 325 | M | Retired | 150 | Chronic | No | Stable | No | Normal | Depressed | Major depressive disorder | Antidepressants | Recovered | 1 year | First episode |
| 32 | 335 | F | Retired | 155 | Chronic | No | Stable | No | Normal | Anxious | Generalized anxiety disorder | Anxiolytics | Recovered | 2 years | First episode |
| 33 | 345 | M | Retired | 160 | Chronic | | | | | | | | | | |

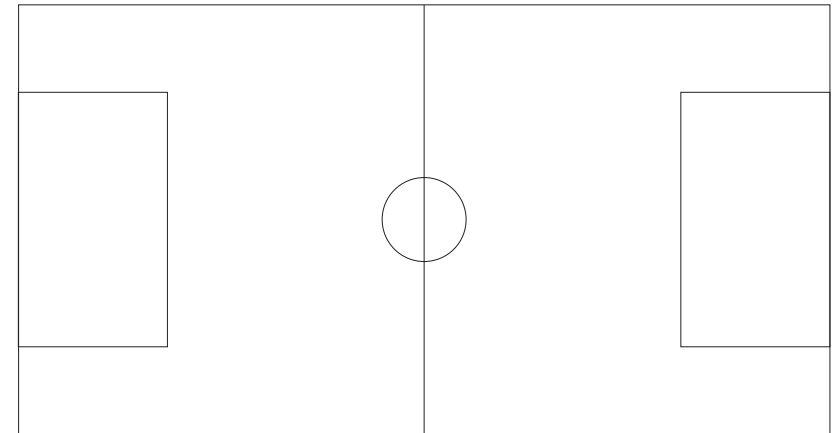

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| Country | Year | Mean (SD) | | Median (IQR) | | Range | | Skewness | | Kurtosis | |
|----------------|------|-------------|-------------|--------------|-------------|-----------|-----------|----------|--------|----------|--------|
| | | Age | Gender | Age | Gender | Age | Gender | Age | Gender | Age | Gender |
| Australia | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Canada | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| France | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Germany | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Italy | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Japan | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Netherlands | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Spain | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Sweden | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| Switzerland | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| United Kingdom | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| United States | 1997 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |
| | 2000 | 46.2 (10.9) | 50.0 (10.0) | 44.0 (10.0) | 50.0 (10.0) | 20.0–69.0 | 20.0–69.0 | 0.00 | 0.00 | 3.00 | 3.00 |

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