

P03-350

PHARMACOTHERAPY OF GENERALIZED ANXIETY DISORDERS UNDER CONDITIONS OF ROUTINE TREATMENT

M. Linden, L. Pyrkosch

Research Group Psychosomatic Rehabilitation, Charité University Medicine Berlin, Berlin, Germany

Background: Generalized anxiety disorders (GAD) are characterized by persistent excessive worrying about minor hassles. GAD patients are high utilizers of medical services and medication.

According to an analysis of 21 double-blind placebo-controlled trials by of Hidalgo et al. (2007) highest effect sizes are reported for pregabalin (0.50), hydroxyzine (0.45), venlafaxine XR (0.42), benzodiazepines (0.38), SSRIs (0.36), buspirone (0.17) and herbal medicines (-0.31). The question is how GAD is treated under conditions of routine treatment. This was studied in patients were admitted to inpatient treatment.

Method: Psychotropic premedication and changes in medication during the inpatient treatment were analyzed in 107 patients.

Result: Before admission, 27,1% of GAD patients got tricyclic antidepressants, 25,2% SSRI, 8,4% benzodiazepines, 7,4% atypical antidepressants, 1,9% anticonvulsants/pregabalin, 1,9% herbal drugs. Furthermore, 20,6% got betablocker, preferably because of hypertension.

During the inpatient stay changes in medication were made according to the clinical discretion of the therapist. At discharge 41,1% of GAD patients received SSRI, 23,4% tricyclic antidepressants, 22,4 % pregabalin, 9,4% atypical antidepressants.

Conclusion: SSRI and tricyclic antidepressants play the major role in the drug treatment of GAD. Under clinical conditions there has been an optimization of treatment by increasing preferably the rate of SSRI treatments and of pregabalin treatment, while reducing benzodiazepine treatment and to some degree tricyclic antidepressants.

Literature: Hidalgo RB, Tupler LA, Davidson JRT (2007): An effect-size analysis of pharmacologic treatments for generalized anxiety disorder. *J Psychopharmacol* 21(8):864-872.