

## AGITATION AND INSOMNIA DURING THERAPY WITH ALPRAZOLAM: CASE REPORT

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Patient, 43 years old, with diagnoses of posttraumatic stress disorder and recurrent depressive disorder was hospitalized due to worsening of mental condition. At admission he was agitated, depressed, irritable, and presented problems with insomnia. He said that he decided to stop taking antidepressants without consulting his psychiatrist one month earlier because he felt better and he thought he did not need antidepressants any more. During that period he continued taking alprazolam. Soon after discontinuation of antidepressants, his condition worsened, he started feeling tensed, anxious, depressed, and problems with insomnia appeared. He decided to increase the daily dosage of alprazolam from 1,5 mg to 3 mg, but his mental condition deteriorated - he was feeling agitated, irritable, he was depressed and had insomnia. He increased the daily dosage of alprazolam to 4 mg, but his condition was getting worse. He decided to come to hospital because he could not bare such symptoms any longer. After admission, tianeptine was introduced (37,5 mg daily) with zolpidem 10 mg in the evening, and daily dosage of alprazolam was gradually decreased. After this changes in therapy agitation gradually decreased, as well as insomnia. His mood gradually improved. He was discharged after four weeks of hospital treatment.

### References:

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2. Uzun S, Kozumplik O. Management of side effects of antidepressants - brief review of recommendations from guidelines for treatment of major depressive disorder. *Psychiatria Danubina* 2009;21(1):91-94.