

## Factors Influencing the Placebo Effect in Patients Suffering From Mental Disorders in Romania

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### Introduction

Nowadays, numerous definitions of placebo and the placebo effect have been proposed. Mechanisms of action have been intensely studied and interesting theories have emerged. It is well-known that the effects of the drugs are influenced by the clinical setting. The complexity of human mind and the social context make the patient highly suggestible to (auto)suggestion.

### Objectives

To assess factors influencing placebo effect in Romanian patients with mental disorders.

### Material and Methods

We present 5 clinical cases from our medical practice and compare them to cases from medical literature: 68 years old woman, psychiatric inpatient complaining of insomnia, with medically treated hypertension; 65 years old woman, neurological inpatient complaining of severe back pains that were neurologically uncommon, but impaired her walking and caused sleep disturbances and were not alleviated by a complex and combined analgesic pharmacotherapy; 70 years old woman, known for doctor shopping, came at the Neurology Emergency Department at 1:30 am for headache, foot burns, and abnormal gait; 48 years old man, psychiatric inpatient complaining of 'paralyzed bowels', 'pain in the legs', and 'paralyzed muscles' after undergoing a surgical intervention for an abdominal hernia; 50 years old woman, inpatient suffering from schizophrenia at a Chronic Psychiatric Disorders Department, often complaining of headaches.

Patients received different forms of placebo therapy.

### Results

All patients were placebo-responders. We noticed decrease of placebo effect in some patients in chronic use, and spectacular amelioration of symptoms when there was a high rate of allegiance.

### Conclusion

Allegiance is an important factor for placebo effect.