

P-489 - THE USE OF ANTIDEPRESSANTS IN PORTUGAL: 1995-2009

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Introduction: It has been widely pointed out the possible overutilization of antidepressants but needs of antidepressants have to be established through the prevalence of treatable disorders. In Portugal, utilization studies are scarce, relying in short time periods and no estimated utilization needs.

Objective: To describe the evolution of antidepressant utilization in order to ascertain if, in Portugal, there is excessive consumption of antidepressants.

Methods: We obtained raw data of number of units of pharmaceutical substance sold per year, using the WHO-ATC classification and the estimated annual population, and then we derived the assumed average maintenance dose per day for a drug used for its main indication in adults (DDD) per thousand inhabitants per day (DHD). We calculated an estimate of DHD that would meet the needs requirements established in the National Census of Psychiatric Morbidity for the year 2009, knowing that about 1% prevalence of treatable disorders correspond to 10 DHD.

Results: Overall, there was an increase in DHD in the last 15 years. However, since 2002 there has been a slowing in growth.

Conclusions: The available data from the Census of Psychiatric Morbidity point to an annual prevalence of mental disorders of 22,9% and a treatable prevalence of 15.6% severe and moderate severity disorders. The resulting 156 DHD of antidepressants, is the double for 2009 figures (75 DHD), so it is not possible to state an excessive utilization.