

**P01-153 - EFFECT OF PREGABALIN ON PATIENTS WITH REFRACTORY-SEVERE GENERALIZED ANXIETY DISORDER AND CONCOMITANT SEVERE SYMPTOMS OF DEPRESSION IN DAILY MEDICAL PRACTICE**

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**Purpose:** To analyse the effect of Pregabalin (PGB) on anxiety and depression symptoms in patients with refractory-severe Generalized Anxiety Disorder (GAD) and severe concomitant depressive disorder.

**Methods:** Post-hoc analysis of a multicentre, prospective and observational study conducted in outpatient psychiatric clinics to ascertain the impact of broadening GAD criteria. Men and women above 18 years, with GAD (DSM-IV criteria), PGB naïve and refractory to a previous course of benzodiazepines and/or anti-depressive drugs (minimum 3 months) and severe symptoms of anxiety (HAM-A  $\geq$  24) and depression (MADRS  $\geq$  35) were included. Changes in HAM-A and MADRS were assessed after 6 months of receiving PGB as per psychiatrist's judgement.

**Results:** 159 patients [69.2% women, 45.9 (12.6) years] fulfilled criteria for analysis. Respectively, 92% and 90% of subjects were previously exposed to benzodiazepines and anti-depressives before adding PGB [mean dose: 223.1 (126.3) mg/day]. PGB therapy reduced both anxiety and depressive baseline symptoms by a mean of, respectively in HAM-A and MADRS scales, 57.9% (from 35.5 $\pm$ 5.8 to 14.8 $\pm$ 9.4;  $p < 0.001$ , effect size: 3.57) and 58.1% (from 39.4 $\pm$ 4.3 to 16.5 $\pm$ 10.3;  $p < 0.001$ , effect size: 5.33). As a result, the percentages of patients without symptoms of both anxiety and depression were 34.4% and 40.9%, respectively at the 6 month visit ( $p < 0.001$  in all cases). Similarly, responder rates ( $\geq$  50% reduction of baseline scoring) were 63.1% and 62.9%.

**Conclusion:** Despite limitations, Pregabalin therapy had a meaningful and significant effect of symptoms of anxiety and depression in patients with severe refractory GAD and concomitant severe depressive disorder.