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THE THERAPEUTIC EFFECTS OF TIANEPTIN ON ADOLESCENTS

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Aim: Changes in mood and anxiety constantly follow nearly all clinical categories which we encounter in working with adolescents. While recent studies that followed the therapeutic effects of antidepressants on children and adolescents report results which argue against the use of antidepressants on children and adolescents, our experiences show that within the therapeutic process it is often necessary to include medication, keeping in mind their developmental processes as well as the risks and protection factors in potential psychopathological phenomena. The study is directed towards the confirmation of the therapeutic effects of Tianeptine in the treatment of adolescents.

Method: 60 adolescents (ages 15 - 23) took Tianeptine in a daily dosage of 37,5mg and were followed for the duration of 3-6 months. Tianeptine monotherapy was applied for 31,8% of adolescents, while we involved 68,2% of adolescents in some form of psychotherapeutic work. Clinical monitoring was conducted with the HRDA scale. Psychological testing (MMPI, PIE) was done at the beginning of therapy and after three months.

Results: Statistically, a less significant depression and anxiety resulted in both clinical and psychological tests following the utilisation of Tianeptine in both monotherapeutic as well as combined psychotherapeutic techniques.

Conclusions: Our results confirm the therapeutic effects of Tianeptine on symptoms of depression and anxiety in adolescents. We want to point out the efficacy of a rational application of antidepressants for adolescents, especially when the same is utilised as part of a complex medical psychotherapy treatment of adolescents.