

pattern and duration of antidepressant use. Multiple regression analysis of data from a large prescription and medical claims database (MarketScan®) for the years 1993 and 1994 were used to estimate the determinants of antidepressant drug use patterns for 1,034 patients with a "new" episode of antidepressant therapy who were prescribed one of three most often prescribed selective serotonin reuptake inhibitors (SSRIs) paroxetine, sertraline, or fluoxetine.

The results indicated that patients initiating therapy on sertraline or paroxetine were less likely than patients initiating therapy on fluoxetine to have at least four prescriptions of their initial antidepressant within the first six months. The findings suggest that antidepressant selection is an important determinant of antidepressant use patterns consistent with current recommended depression treatment guidelines.

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THE COST-EFFECTIVENESS OF IXEL®, A NEW SNRI, IN COMPARISON WITH A PANEL OF TCAs AND SSRIs, IN THE TREATMENT OF DEPRESSION

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A model based on the theory of clinical decision analysis was constructed in order to estimate costs and outcomes when treating patients with a major depressive episode. Ixel® (milnacipran - Pierre Fabre Médicament), a new serotonin and norepinephrine reuptake inhibitor (SNRI), was compared with a French representative panel of tricyclic antidepressant (TCA) and selective serotonin reuptake inhibitor (SSRI).

The effectiveness of the alternatives, based on the safety/efficacy ratios, was evaluated from a meta-analysis of the studies included in the NDA dossier, taken into account the compliance as observed in usual practice. The other data used in the model came mainly from the literature and from a panel of psychiatrists.

Direct medical costs included antidepressant drugs, visits, lab tests and hospitalisations. Economic appraisal was performed according to the viewpoint of the French National Sickness Fund.

The model concluded in favour of a better cost-effectiveness of Ixel®: its expected cost of treatment per depressive episode was lower than either the one of the panel of TCAs (savings: 228 FF, 1 EURO = 6.62 FF) or SSRIs (savings: 961 FF). Moreover, its expected length of clinical remission was slightly higher. The robustness of these findings were supported by several threshold sensitivity analyses conducted on the main parameters.

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CITALOPRAM TREATS MAJOR DEPRESSION IN THE ELDERLY, WITH FEWER SIDE EFFECTS THAN AMITRIPTYLINE

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Depression is more common in the elderly than in the general population. Elderly patients, however, are more sensitive to the anticholinergic side effects of tricyclic antidepressants (TCAs), making their treatment especially problematic. Citalopram is the most selective of the serotonin re-uptake inhibitors, a class that is as efficacious as the TCAs, but causes fewer side effects. This double-blind, multicentre general practice study in the UK and Ireland compared citalopram and amitriptyline with respect to safety and

efficacy in 365 elderly patients (65–90 years) with major depression. Patients with a diagnosis of major depression (including a score of ≥ 22 on the Montgomery-Asberg Depression Rating Scale [MADRS]) were randomised to receive either citalopram (20 or 40 mg once daily; n = 179) or amitriptyline (50 or 100 mg/day; n = 186) for 8 weeks. Efficacy was measured at weeks 1, 2, 4, 6 and 8 using the MADRS, the Hamilton Depression (HAMD) Scale and the Clinical Global Impression (CGI) Scale. The incidence of withdrawal due to adverse events (the main reason for discontinuation) was higher in amitriptyline- than in citalopram-treated patients (25% vs 17%; NS). A further 5% and 7% of patients, respectively, withdrew for other reasons. Adverse events considered to be treatment-related were experienced by significantly ($p < 0.001$) fewer patients in the citalopram group (45%) than in the amitriptyline group (63%). Confusion, hallucination, anxiety and suicide attempt occurred only in patients receiving amitriptyline. Nausea was the only adverse event to be observed more frequently with citalopram than with amitriptyline. The response (MADRS ≤ 12) rate was 54.5% and 53.5% in the citalopram and amitriptyline groups, respectively (intent-to-treat). Improvements in HAMD and CGI were also comparable for the two groups. Thus, citalopram is as efficacious as amitriptyline in treating major depression, but causes fewer side effects; importantly, it does not cause the anticholinergic effects observed with amitriptyline. Citalopram is therefore an excellent candidate for treating depression in the elderly.

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CITALOPRAM IS EFFECTIVE AND WELL TOLERATED IN PATIENTS WITH MAJOR DEPRESSIVE DISORDER

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Citalopram is the most selective of the selective serotonin re-uptake inhibitors currently available and has a chemical structure unrelated to that of other SSRIs or other available antidepressants. This double-blind, randomised, placebo-controlled trial was designed to confirm the safety, efficacy and minimum effective dose of citalopram in patients with moderate to severe depression. In total, 650 patients were randomised to receive citalopram 10 mg (n = 131), 20 mg (n = 130), 40 mg (n = 131) or 60 mg (n = 129), or placebo (n = 129), given once daily for 6 weeks. The percentage of responders (defined as $\geq 50\%$ decrease from baseline on the Montgomery-Asberg Depression Rating Scale) was significantly ($p < 0.05$) greater in each of the citalopram groups (49 to 61%) than in the placebo group (35%). The reduction in Hamilton Depression Scale total score was significantly ($p < 0.05$) greater in patients receiving citalopram 40 mg than in those receiving placebo. Increasing the dose to 60 mg appeared to offer little additional benefit. A similar number of patients withdrew from each treatment group. There were more withdrawals because of lack of efficacy, and fewer withdrawals because of adverse events in the placebo and citalopram 10 mg groups than in the higher-dose citalopram groups. The incidence of withdrawal because of adverse events was similar in the citalopram 20, 40 and 60 mg groups. The most frequent treatment-emergent events were nausea, insomnia, dry mouth, somnolence and increased sweating. The incidence of accepted SSRI-related side effects, including nausea and dry mouth, did not appear to be dose-dependent, although there was a trend towards a higher frequency of insomnia, somnolence and fatigue in the citalopram 40 and 60 mg groups. In conclusion, this trial confirmed that citalopram is efficacious in moderate to severe