

P01-07 - DULOXETINE-FIRST THERAPEUTIC OPTION FOR DEPRESSION WITH PAIN

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Objective: The purpose of this study was to evaluate the antidepressant duloxetine in depressive patients with pain.

Method: The sample: 28 patients (18 female and 10 male, mean age 53,85) were diagnosed with major depressive disorder (MDD) according to ICD 10. They were assessed with HAMD17 items in baseline and at 14, 28, 42, 56 days, CGIS at baseline, 28 and 56 days, CGII at 28 and 56 day.

Results: Patients received duloxetine (Cymbalta) 60-120 mg/day. All treated patients had a good evolution with a significant improvement on HAMD score. Total score HAMD 17 items was: baseline - 21,9; 14 days - 19,9; 28 days - 17,1; 42 days - 13,1; 56 days - 11,6. At item 13 -diffuse muscle aches in arms or legs the mean score was 1,65 at baseline, and 0,75 at 56 days. The evolution of CGIS was: mean 4,2 in baseline and 1,9 at 56 days. Significant improvement was noted at 56 days: 13/28 (46,42%) were much improved and 15/28 (53,58%) were very much improved. We noted mild nausea at 10 patients, mild restlessness at 7 patients, mild dizziness at 5 patients at the beginning of the treatment.

Conclusions:

- 1) Our results suggest that duloxetine is a safe and effective treatment for depression.
- 2) The concomitant action for different aches is very important for depressive patients with pain.
- 3) Coexistence of depression with physical pain negatively affects the performance in daily activity and quality of life; in such cases the first treatment option could be duloxetine.