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Treatment of Generalized Anxiety Disorder in Pregnancy and Effects of Psychotropic Drugs in the Infant: a Case Report.

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Aim: To present the treatment period of generalized anxiety disorder in a pregnant woman, and effects of psychotropic drugs in the newborn and infancy period.

Case report: A 33-year-old female who has eight weeks of gestation, is diagnosed with generalized anxiety disorder according to DSM-IV-R. Psychotropic drugs are decided to use. She had sertraline 100 mg/day, olanzapine 10 mg/day, quetiapine XR 400 mg/day and clorpromazine 100 mg/day as the final medication in her second trimester. Her anxiety symptoms have regressed in clinical follow-up period. No obstetric problem during the pregnancy period and no clinical problem during the prenatal follow-up period was observed. Drugs were decreased gradually at the last month of the birth and the patient was followed up without all drugs in the last two weeks prior to the birth. Birth was by cesarean section on term and the birth weight of the baby was normal. His APGAR score was 5 and he has either respiratory or any clinic problem to be monitored in the couveuse. According to the information obtained from her mother, the infant has normal motor and mental development during his two years follow-up in regional healthcare center.

Conclusion: When anxiety disorders are not treated during pregnancy, it is reported that, pregnancy and obstetric complications can arise, health status of newborn can be effected negatively, and can result in preterm birth, low birth weight and intrauterin growth retardation. Therefore, clinicians should prefer the most confident treatment options and track individualized treatment and patient follow-up strategies.