

P01-09 - ANTIDEPRESSANT MONOTHERAPY AND COMBINATION OF ANTIDEPRESSANTS IN THE TREATMENT OF RESISTANT DEPRESSION IN CURRENT CLINICAL PRACTICE. A RETROSPECTIVE STUDY

M. Bares, T. Novak, M. Kopecek, P. Stopkova

Prague Psychiatric Center and 3rd Faculty of Medicine, Charles University, Prague, Czech Republic

Introduction and objectives: Resistant depression is a long-term, disabling illness. The aim of this study was to compare the efficacy of antidepressant monotherapy (ADM) and combinations of antidepressants (CAD) in the treatment of resistant patient (≥ 1 unsuccessful antidepressant treatment) in current clinical practice.

Methods: We reviewed chart documents of resistant patients hospitalized at Prague Psychiatric Center for major depressive disorder (DSM IV) and had finished at least 4 - weeks of treatment with ADM or CAD. Clinical status was assessed using MADRS, CGI and BDI-S at baseline, after 2 weeks and in the end of treatment in the framework of regular evaluation during the hospitalization. Response to treatment was defined as a reduction of MADRS score $\geq 50\%$.

Results: We analyzed 78 inpatients (CAD=27, ADM=51). Both groups were equal in baseline characteristics (number of previous treatments, severity of depression etc.) and in the length of index treatment. The CAD group was superior to ADM group in the MADRS score reduction (14.6 vs 10.2 pts, $p=0.02$) and the proportion of responders (67% vs. 39%, $p=0.03$) in the end of treatment. The post-hoc effect size of CAD compared to ADM was moderate (Cohen's $d=0.54$).

Conclusion: The results of this study suggest that combinations of antidepressants may be more effective than a monotherapy in patients with resistant depression.

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