

P01-29 - DEPRESSION IN PARKINSON'S DISEASE- SEARCHING FOR THE MOST POTENT ANTIDEPRESSANT

G. Djokic¹, N. Zivkovic², D. Pavicevic³, D. Lazic²

¹Consultative Neurology, ²Urgent Psychiatry, ³Department M, Institute for Neuropsychiatry Laza Lazarevic, Belgrade, Serbia

Depression occurs in 28- 60% of patients with PD. There is little evidence of the efficacy and safety of antidepressant therapies in Parkinson's disease. This interventional, parallel, RTC, safety/efficiency study included 339 patients aged 36-90, with ICD10/DSMIV criteria for PD and depression. Purpose of the study was to estimate depression, quality of life, and severity of PD symptoms after 3 months of antidepressant therapy.

Methods: We have randomly divided patients into control group (N=45) without antidepressants, and experimental groups in accordance with applied antidepressants: clomipramine (N=48), fluoxetine (N=49), sertraline (N=51), escitalopram (N=49), mirtazapine (N=45), and tianeptine (N=52). We have used HAMD for estimation of depression, QOL scale for quality of life, and UPDRS subscales I (behaviour and mood) and II (daily activities) for PD symptoms at pre-trial, and after 3 months scores in all groups. Data were processed with SPSS for Windows.

Results: There is no statistical significance in pre-trial scores between groups. After 3 months there is: significant increase in control and significant decrease ($p=0.000$) of HAMD scores in all experimental groups, in favour of antidepressant with higher median (escitalopram 9; sertraline 8; tianeptine 6; clomipramine 3; mirtazapine 3; fluoxetine 1; control -2); significant increase of QOL scores in favour of antidepressant with higher median (escitalopram 1.24; sertraline 1.12; tianeptine 0.65; clomipramine 0.40; mirtazapine 0.27; fluoxetine 0.27), and significant difference in UPDRS II pre-trial and after 3 months subscores ($p=0.016$), in favour of escitalopram.

Conclusion: All tested antidepressants are efficient in reducing HAMD score, but only escitalopram, sertraline, and tianeptine improved HAMD, QOL, UPDRS I, and II scores without side effects.