
ADD-ON CLINICAL EFFECTS OF SIMVASTATIN AND ONDANSETRON IN PATIENTS WITH SCHIZOPHRENIA STABILIZED ON ANTIPSYCHOTIC TREATMENT: PILOT STUDY.

I.B. Chaudhry¹, N. Husain¹, R.J. Drake¹, G. Dunn¹, **M. Husain**², A. Kazmi³, M.M. Hamirani⁴, R. Rahman⁵, J. Stirling⁶, J.F.W. Deakin¹

¹Psychiatry, University of Manchester, Manchester, United Kingdom ; ²Psychiatry, Greater Manchester West Mental Health Trust, Manchester, United Kingdom ; ³Research and Development, Pakistan Institute of Learning and Living, Karachi, Pakistan ; ⁴Psychiatry, Karachi Dental and Medical College, Karachi, Pakistan ; ⁵Psychiatry, Dow University of Health Sciences, Karachi, Pakistan ; ⁶Psychiatry, Manchester Metropolitan University, Manchester, United Kingdom

Objectives:

There is some evidence that anti-inflammatory treatment may have beneficial effects in schizophrenia and major depression. Statins are cholesterol-lowering agents but have been found to be anti-inflammatory and also decrease C-reactive protein (CRP). Ondansetron is a serotonin (5-HT₃) receptor antagonist widely used to prevent nausea and vomiting in patients receiving chemotherapy for cancer. Small studies have suggested that adjunctive Ondansetron is efficacious against schizophrenia symptoms. We carried out a feasibility study in schizophrenia patients (within 5 years of first diagnosis) to explore the adjunctive use of simvastatin and ondansetron on positive, negative and general psychopathology.

Methods:

This was a 12 week rater blind placebo controlled study. All to gather 36 patients with DSM-IV diagnosis of schizophrenia were recruited, 12 in each arm. Patients were assessed at baseline and at 12 weeks using PANSS, CGI, GAF and AIMS.

Results:

Both simvastatin and ondansetron provide some evidence of a reduction in symptoms compared to treatment as usual (TAU) on PANSS total score, although, this was not statistically significant. In the secondary analyses, no significant differences were seen on CGI, GAF and AIMS.

Conclusions:

Anti-inflammatory treatments have shown to have some beneficial effects in schizophrenia. Both simvastatin and ondansetron provide some evidence of a reduction in symptoms compared to treatment as usual. This study has led to a larger SMRI-funded, double blind, randomized control trial.