

## P01-139

### SPA THERAPY IN ANXIETY DISORDER IN A 8 WEEK COMPARATIVE AND RANDOMIZED MULTICENTRE STUDY ON 237 PATIENTS

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We compared spa therapy-like balneotherapy treatment with Paroxetine by means of a multicentre, comparative, randomized 8-week study. At least 200 patients fitting the diagnosed criteria of generalized anxiety disorder (DSM IV) were to be recruited. They were carried out by an independent, fully-trained and specialized assessor.

The total score on the HAM-A scale (Hamilton Rating Scale for Anxiety) was the main measure for efficiency.

There were 237 patients altogether attending in ambulatory who were admitted into the 4 French centres and joined the protocol. 117 were divided up by drawing lots into the Spa Therapy group and 120 into the Paroxetine group.

All 207 patients were able to be assessed at W8. The HAM-A scores at W8 showed significant improvement in the Spa Therapy group compared to the Paroxetine group ( $t = 3.04$   $p \leq 0.0001$ ). Remission and the rate of improvement (superior or equal to 50%) were markedly higher in the Spa Therapy group.

Other analyses stemming from this assessment enrich the results, with complementary information on the importance of a spa treatment course prescribed in a psychiatric aim.

In conclusion, the Spa Therapy-based Balneotherapy treatment is one that has shown specific efficiency in generalized anxiety disorders. Its profile of being well-tolerated and well-accepted by the patients may enable to introduce it regularly in GAD, particularly for people who are resistant to, dependent on or have difficulty in tolerating pharmacology or psychotherapy treatments.