

AGOMELATINE AS MONOTHERAPY IN DEPRESSION

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Agomelatine is an melatonergic antidepressant marketed for the treatment of major depressive disorder and has been reported to have a reduced level of sexual side effects as well as discontinuation effects.

The present study examined the efficacy of agomelatine in the treatment of symptoms of depression/anxiety in a sample of depressed patients.

Method: 110 patients who fulfilled the DSM-IV diagnostic criteria for a major depressive episode treated on an outpatient basis at the Eginition Hospital were assessed with the Hamilton Depression Rating Scale, the Hamilton Anxiety Rating Scale and the Global Assessment Functioning. The questionnaires were administered at the beginning of the medication period and thereafter every week over a 6-week period. Descriptive statistics are used for the presentation of the results.

Results: Mean age \pm SD of the sample was 52.5 ± 9.3 years. Mean score \pm SD on the HDRS, HARS and GAF at the different time points of assessment are shown below.

Baseline (1) 1st week (2) 2nd week (3) 3rd week (4) 4th week (5) 5th week(6)

(mean \pm SD) (mean \pm SD)

HDRS 37.2 \pm 2.4 32.5 \pm 1.8 28.4 \pm 2.6 14.4 \pm 2.8 6.8 \pm 2.6 6.1 \pm 1.8

HARS 34.6 \pm 7.7 32.3 \pm 1.4 27.3 \pm 2.5 14.2 \pm 2.1 6.4 \pm 1.8 6.2 \pm 2.1

GAF 45.6 \pm 8.2 47.1 \pm 2.2 57.7 \pm 2.1 72.2 \pm 2.1 88.5 \pm 2.4 91.1 \pm 1.7

Psychopathology significantly subsided by the end of the study period; improvement was marked already from the third week of treatment.

Conclusion: The main finding of the present study was that monotherapy with agomelatine had a positive effect on symptoms of depression, anxiety, and global functioning in depressed patients.