



**ORIGINAL RESEARCH PAPER**

**Pharmacology**

**THE PRESCRIBING PATTERN OF ANTIDEPRESSANT DRUGS IN PATIENTS RECEIVING TREATMENT FOR DEPRESSION IN THE DEPARTMENT OF PSYCHIATRY IN A TERTIARY CARE TEACHING HOSPITAL**

**KEY WORDS:** Depression, Prescribing pattern, Antidepressants

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**ABSTRACT**

Depression is a common mental disorder. Globally 4.4% of the population is estimated to have depression. Depression is among the most treatable of mental disorder. The objective of the study was to study the prescribing pattern of antidepressant drugs. The study was conducted in patients aged 18 years and above attending the Department of Psychiatry in a tertiary care hospital. It was a prospective observational study.

**INTRODUCTION**

According to World Health Organisation (WHO) "Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that we normally enjoy, accompanied by an inability to carry out daily activities, for at least 2 weeks."

Globally; 4.4% of the population is estimated to have depression. In 2015, it was found that depression contributed to 7.5% of years lived with disability (YLDs) and 2.0% of disability adjusted life years (DALYs)1.

According to National Mental Health Survey (2015-2016) in India, more than 45 million of people suffered from depression.

Several studies have shown that in different stages of treatment with antidepressants their quality of life showed immense improvement.2

"Prescribing pattern studies are under drug utilization studies which deal with prescribing drugs and disposing and administering them".3

According to American Psychiatric Association 80 to 90% people suffering from depression respond to treatment and depression is among the most treatable of mental disorder.

The objective of the study is to assess the efficacy, tolerability and response rates of various antidepressants used in the treatment of depression.

The aim is to do an audit of the prescription pattern in patients receiving treatment for depression and to compare it with Maudsley Guidelines and Clinical Practical Guidelines for psychiatrists in India.

**AIMS AND OBJECTIVE**

- The objectives of the present study are following-
1. To study the prescribing pattern of antidepressant drugs in cases of depression.
  2. To compare the tolerability of various antidepressant drugs.
  3. To compare the response rates of various antidepressant drugs.

**MATERIALS AND METHODS**

The study was a prospective observational study. Duration of the study was 3 months. A total of 100 patients attending the outpatient's department and admitted to the inpatient's department of Department of Psychiatry, Gauhati Medical College.

**Inclusion Criteria**

All patients aged 18 years and above except those included in

exclusion criteria attending the outpatient department and admitted in the inpatient department under Department of Psychiatry, Gauhati Medical College included in the study.

**Exclusion Criteria**

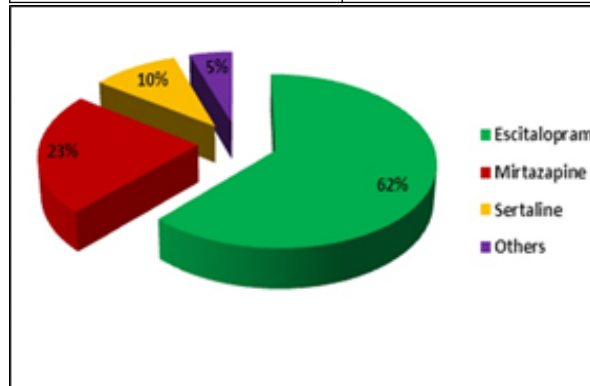
- Patient unable or not willing to give consent.
- Patient with co morbid psychiatric disorder.
- Pregnant and lactating mothers.

**RESULTS AND ANALYSIS**

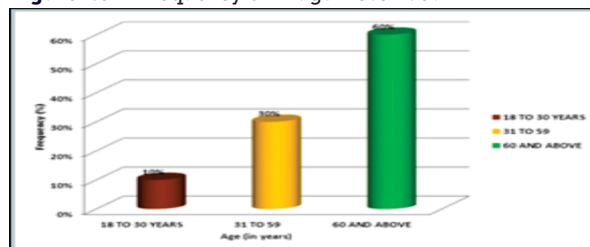
According to the study Escitalopram, a selective serotonin reuptake inhibitor (SSRI) accounted for 62% of the drugs prescribed followed by Mirtazapine(23%), Sertaline(10%). Fluoxetine, Venlafaxine are the other drugs observed to be in use. In most cases monotherapy was observed. Preferable antidepressant of choice in patients with sleep disturbance was Mirtazapine. Sertaline was preferred in elderly age group.

**Table No 1 : Frequency Of Drugs Prescribed**

Escitalopram	62%
Mirtazapine	23%
Sertaline	10%
Others	5%



**Figure No 1 : Frequency Of Drugs Prescribed**



**Figure no 2 : Prescription pattern of Sertaline in different age groups**

**Table No 2: Prescription Pattern Of Sertaline In Different Age Groups**

18 TO 30 YEARS	10
31 TO 59	30
60 AND ABOVE	60

The tolerability of SSRIs was better as patients had less adverse effects.

The response rate to SSRIs was better than the other groups as patients showed improvement of symptoms and a better score according to HAMD scale following treatment.

**DISCUSSION**

The prescription pattern was analysed and SSRIs (73%) as a group was prescribed commonly as supported by previous studies. Escitalopram was the drug highly prescribed as opposed to a study conducted by K Siva Kumar et al where Sertaline the antidepressant commonly prescribed.

**CONCLUSION**

The prescription pattern was according to the Maudsley Principles and Guidelines. Our study revealed SSRIs preferable to others and also they showed better tolerability and response rates.

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