

범불안장애에서 서방형 Venlafaxine의 6개월간 치료 효과 : 전향적, 다기관, 개방 연구

박주연¹ · 채정호² · 이승환³ · 류성곤⁴ · 김찬형⁵ · 오강섭⁶ · 김율리⁷ · 유범희¹

¹ 가 ²
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ABSTRACT

The Effectiveness of 6-Month Treatment with Venlafaxine Extended Release in Generalized Anxiety Disorder : Prospective, Multi-Center, Open-Labeled Trial

Joo-Eon Park, MD,¹ Jeong-Ho Chae, MD,² Seung-Hwan Lee, MD,³ Sung-Gon Ryu, MD,⁴
Chan-Hyung Kim, MD,⁵ Kang-Seob Oh, MD,⁶ Youl-Ri Kim, MD⁷ and Bum-Hee Yu, MD¹

¹Department of Psychiatry, Samsung Medical Center, Sungkyunkwan University School of Medicine, Seoul,

²Department of Psychiatry, College of Medicine, The Catholic University of Korea, Seoul,

³Department of Psychiatry, Inje University College of Medicine, Ilsan Paik Hospital, Goyang,

⁴Department of Psychiatry, College of Medicine, Hallym University, Seoul,

⁵Department of Psychiatry, Yonsei University College of Medicine, Yongdong Severance Hospital, Seoul,

⁶Department of Psychiatry, Kangbuk Samsung Hospital, Sungkyunkwan University, School of Medicine, Seoul,

⁷Department of Neuropsychiatry, Inje University College of Medicine, Seoul Paik Hospital, Seoul, Korea

Objective : We aimed to examine the efficacy and the safety of venlafaxine extended release (venlafaxine-XR), and its effect on the quality of life in patients with generalized anxiety disorder. **Methods** : Fifty three patients who had generalized anxiety disorder were recruited for this study. They showed scores of 18 or higher on the Hamilton Rating Scale for Anxiety (HAMA) and did not have major depression. They were scheduled to be examined 5 times (at baseline, 4, 8, 16 and 24 weeks) and took venlafaxine-XR for 24 weeks with a flexible dosing schedule. The primary efficacy variables were the response and remission rates (response : more than 50% reduction from baseline in HAMA total score ; remission : HAMA total score < 7). Other variables were the Hamilton Rating Scale for Depression, Beck Anxiety Inventory, Sheehan Disabilities Scale (SDS), and World Health Organization Quality of Life Assessment Instrument-Brief Form (WHOQOL-BREF). Also, the evaluation on adverse effects was performed. **Results** : The number of patients who completed 24 weeks of treatment was 32 (60.4%). Twenty one patients who were dropped out included 8 patients with intolerable adverse effects and 7 patients with unsatisfactory treatment response. Response/remission rates were 43.4/32.1% in the last-observation-carried-forward methods and 71.9/53.1% in the observed case data. Treatment with venlafaxine-XR improved anxiety and depressive symp-

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: (02) 3410 - 3583 · : (02) 3410 - 0050 E - mail : bhyu@smc.samsung.co.kr

toms during 24 weeks on all efficacy measures. By a completed patient analysis, venlafaxine-XR also significantly improved the disability scores on SDS and the quality of life scores on WHOQOL-BREF. In this study, nausea, palpitation, and severe tremor were common reasons of venlafaxine-XR discontinuation in GAD patients, but any serious adverse effect did not occur. **Conclusion** : Treatment with venlafaxine-XR was effective and well-tolerated for the patients with GAD, and also improved quality of life in the GAD patients. (Korean J Psychopharmacol 2006; 17(1):50-59)

KEY WORDS : Generalized anxiety disorder · Venlafaxine-XR · Treatment outcome · Quality of life.

(benzodiazepine)

90%

5%

20%

가 (1 15%, 2 25%)

),²⁻⁴⁾

5)

6)

(buspirone) 가

2

가

15)

가

7)

8)

가 (norepinephrine)

16)

가 (venlafaxine - XR) 17,18)

3,19)

가

20)

가 (health - related

quality of life)

11)

Venlafaxine -XR

가 가 Hamilton Rating scale for Depression(HAMD)²³⁾ 25²⁴⁾ 가 (baseline HAMD mean ± S.D= 15.92 ± 4.78, range=7 - 24).

2. 연구방법

1) 약물투여

1

, 2 24

대상 및 방법

1. 연구대상

2003 4 2005 3 6

2) 1) 18 75 4 (DSM - - TR)²¹⁾ , 3) Hamilton Rating Scale for Anxiety(HAMA)²²⁾ 가 18

1() 2()가 2 , 4) (1

가 , 가

) 1) Axis (

, 2) 가 , 3)

, 4) (

, 5)

가

1

2

(lithium)

17

6

2 (zolpidem 14 , hydroxyzine 5)

2

37.5~75 mg

, 4 75~150 mg/day

가 75~150 mg/day

2) 정신병리 및 삶의 질 평가

가 5

가

4, 8, 16, 24 가

HAMA HAMD 가

가 가 6

가

, 가 가

0.81

Beck Anxiety Inventory(BAI)²⁵⁾ 가 Sheehan 4, 8, 16, 24

Disabilities Scale(SDS)²⁶⁾ 가

World Health Organization Quality of Life Assessment Instrument (WHOQOL - BREF)^{27,28)} 가

가 가 SDS 10

가 가 26, 4가 (53

) WHOQOL - BREF 가 가

HAMA, HAMD, BAI 5 (, 4, 8, 16, 24)

, SDS WHOQOL - BREF 3 (, 8 , 24)

3) 효과 평가 기준 (response) HAMA 50% (remission) HAMA 7¹⁴⁾ 1

4) 안전성 평가 가

가

2. 통계방법

가 ITT(Intention - To - Treat)

가 LOCF(Last - Observation - Carried - Forward) 32

가 OC(Observed Case)

가 LOCF paired t - test measured analysis , OC repeated Bonferroni

가 Kaplan - Meier SPSS/PC 13.0 version 0.05

결과

1. 환자 및 치료의 특징

Table 1. Characteristics of patients and clinical findings according to treatment

Follow up (week)		0	4	8	16	24
Dosing	(mg/d)	48.10 ± 17.07	90.23 ± 36.72	108.62 ± 51.44	113.84 ± 49.46	115.38 ± 46.14
	(range)	(37.5 - 75)	(37.5 - 150)	(37.5 - 225)	(37.5 - 225)	(37.5 - 225)
Follow-up	No. (%)	53 (100%)	40 (75.5%)	36 (67.9%)	33 (62.3%)	32 (60.4%)
Patients	No. of Male/Female	18/35	14/26	12/24	11/22	10/22
Follow-up loss	Cumulative No. (%)		13 (24.5%)	17 (32.1%)	20 (37.7%)	21 (39.6%)
	Adverse effects		7	7	8	8
	Unsatisfactory response		3	5	7	7
	Failure to return		3	4	4	5
	Other reasons		0	1	1	1

Venlafaxine -XR

1 53 (: 47.96 ± 13.65 / : 18/35) 32 (60.4%, : 48.63 ± 13.88, / : 10/22) 24 , 21 (39.6%, : 46.95 ± 13.56) . 8 , 7 , 1

5 가

SDS

(20.37 ± 4.81, 15.18 ± 5.69, t= 3.250, p=0.002).

48.10 ± 17.07 mg 8 108.62 ± 51.44 mg/day

Table 2. Rates of the response and remission

Follow up (week)		4	8	16	24
LOCF analysis (N=53)	Response	17.0%	39.6%	37.7%	43.4%
	Remission	1.9%	17.0%	26.4%	32.1%
Observed case analysis (N=32)	Response	22.5%	58.3%	60.6%	71.9%
	Remission	2.5%	25.0%	42.4%	53.1%

Table 3. Change of scores from baseline to endpoint on psychological scales and quality of life scales in the total patients

	Baseline	Endpoint	t	p
Hamilton Rating Scale for Anxiety	27.57 ± 8.10	16.57 ± 10.64	7.455	0.000
Hamilton Rating Scale for Depression	15.92 ± 4.78	9.57 ± 6.18	7.129	0.000
Beck Anxiety Inventory	32.27 ± 10.80	21.09 ± 13.38	6.622	0.000
Sheehan Disabilities Scale	18.36 ± 5.71	11.52 ± 6.61	6.364	0.000
WHOQOL-BREF	66.33 ± 11.58	70.67 ± 10.82	- 3.507	0.001
Physical health	9.88 ± 2.34	11.31 ± 2.48	- 4.490	0.000
Psychological health	9.43 ± 2.70	10.19 ± 2.74	- 2.867	0.007
Social relations	10.57 ± 2.74	10.98 ± 2.11	- 1.280	0.208
Environmental resource	11.17 ± 2.48	11.19 ± 2.51	- 0.092	0.927

WHOQOL-BREF : World Health Organization Quality of Life Assessment Instrument Brief Form
Paired t-test between baseline and endpoint (LOCF analysis, N=53)

가 가 24 115.38 ± 46.14 mg . / , / , /

2. 항불안효과

HAMA 50%
LOCF 43.4% ,
OC 71.9% . LOCF
32.1%, OC 53.1% .
8 24 /

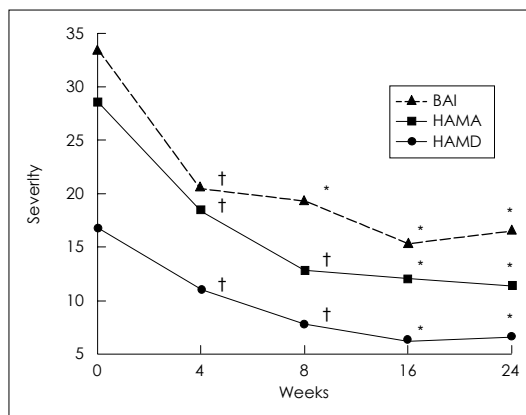


Figure 1. Change of adjusted mean scores in psychological scales. BAI : Beck anxiety inventory, HAMA : Hamilton Rating Scale for Anxiety, HAMD : Hamilton Rating Scale for Depression. Repeated measured analysis (Observed case analysis, N=32). Significantly different from only baseline (*) or from both baseline and previous point (†) (Bonferroni corrected, p<0.05).

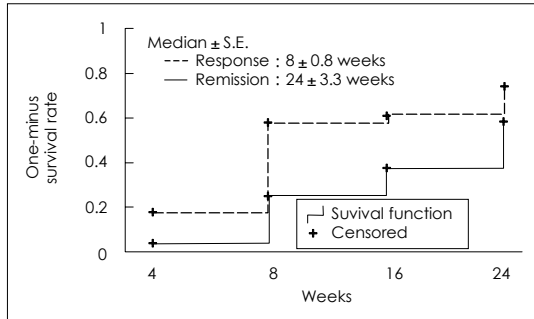


Figure 2. Kaplan-Meier one-minus survival curve for response and remission using Hamilton rating scale for anxiety.

24 8
 가 (2).
 53 (LOCF)
 3 . HAMA
 27.57 ± 8.10
 16.57 ± 10.64 (p<0.001). HAMD
 BAI
 (p<0.001).
 32 OC
 가 (1). HAMA
 (p<0.001),
 8
 24
 . HAMD HAMA
 (p<0.001). BAI
 4
 (p<0.001).
 HAMA Kaplan - Meier
 8.0 ± 0.8
 24.0 ± 3.3 (2).
3. 장애의 정도와 삶에 질에 미치는 영향
 LOCF (3),
 SDS 18.36 11.52
 (p<0.001). WHOQOL -
 BREF 66.33 ± 11.58 70.67 ±
 10.82 (p<

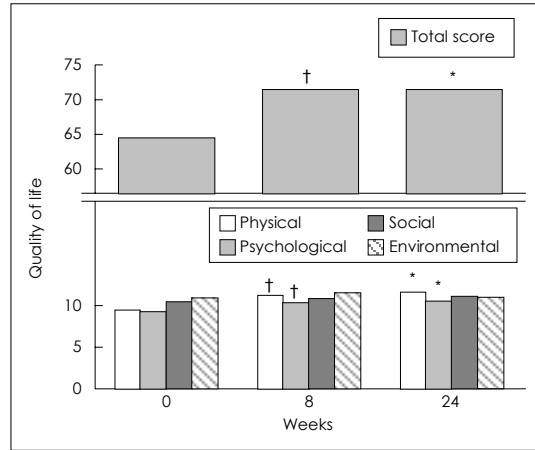


Figure 3. Change of adjusted mean total and area scores in the WHOQOL-BREF quality of life scale. WHOQOL-BREF : World Health Organization Quality of Life Assessment Instrument-Brief Form. Repeated measured analysis (Observed case analysis, N=32). Significantly different from only baseline (*) or from both baseline and previous point (†) (Bonferroni corrected, p<0.05).

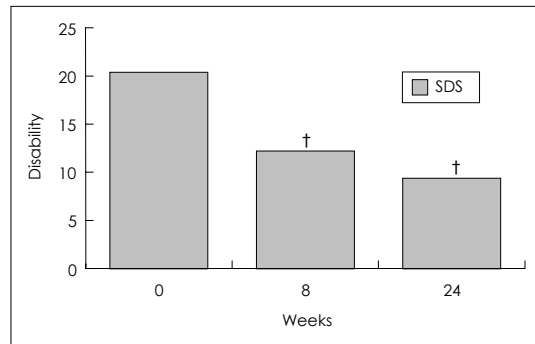


Figure 4. Change of adjusted mean scores in the Sheehan Disability Scale (SDS). Repeated measured analysis (Observed case analysis, N=32). Significantly different from both baseline and previous point (†) (Bonferroni corrected, p<0.05).

0.001), (p<0.001)
 (p=0.007) 가
 .
 OC (3, 4).
 WHOQOL - BREF (p<0.001) (p=0.015)
 HAMA . SDS
 8 24

Venlafaxine - XR

(p<0.001).

4. 부작용

5%
 가
 (1)
 (3)
 (1),
 (3),
 1
 (8)
 2 가 16 가
 , 1 가 16 가 가
 24 가 , 가
 2 가

고 찰

가 가
 가
 24
 BAI HAMD . HAMA
 4,5)

1
 6
 HAMA
 LOCF 43.4% 32.1%
 66/43% 19) 69%
 3)
 Gelenberg 3)
 40%
 , 6 4
 3,19) 10
 LOCF
 가
 LOCF
 가
 29)
 가
 Montgomery 19)
 /
 34%/19%
 가 /
 /
 24 8
 , 24
 가
 가
 2
 가
 2
 가
 3,19)
 2
 6
 가

가 가

³⁰⁾

Gelenberg

³⁾

³⁾

(serotonin reuptake inhibitors)

SDS

가

24

(norepinephrine reuptake inhibitors)

가

가

SDS

가

³¹⁾

³²⁾

WHOQOL - BREF

가

가

가

(

: 11.31 vs. 14.03,

: 10.19 vs. 12.49)

²⁸⁾

24

SDS

8

가

WHOQOL - BREF ³³⁾

SDS

가

24

가

가

가

요 약

연구목적 :

(ven-

lafaxine - XR)

가 ³⁴⁾

가

방 법 : DSM - - TR

53

24 5 (HAMA, HAMD, BAI, SDS, WHOQOL - BREF)

가

결 과 : 32 (60.4%) 24, 21 (39.6%)

HAMA / LOCF
43.4/32.1% , observed case
71.9/53.1%

1 (HAMA, HAMD, BAI) . SDS
WHOQOL - BREF

결 론 :

중심 단어 :

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