

범불안장애 약물치료의 최신 경향

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ABSTRACT

Recent Advances in the Pharmacotherapy of Generalized Anxiety Disorder

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Generalized anxiety disorder (GAD), that has been introduced into psychiatric nosology in DSM-III, is characterized by chronic worry that may persist for many years. Pharmacological treatment for GAD includes benzodiazepines, buspirone, and antidepressants. Benzodiazepine have commonly been used for treatment of acute anxiety disorders, but they are not ideal in the treatment of chronic generalized anxiety disorder (GAD). Buspirone appears to exert benefit primarily on psychic symptoms of anxiety, but the effect of buspirone is slower in onset, taking at least 2 weeks to become evident. Recently, new antidepressants has opened up a new area of investigation into pharmacotherapy of GAD, with a growing body of evidence supporting the role of therapies such as paroxetine and venlafaxine extended release. At present, some selective serotonin reuptake inhibitors such as paroxetine and venlafaxine are recommended for the best evidence-based approach in the long-term treatment of GAD. (Korean J Psychopharmacol 2004;15(1):9-13)

KEY WORDS : GAD · Paroxetine · Venlafaxine.

서 론

1980 DSM - III¹⁾

2)

. 1980

1

2003 6

GSK Seroxat

교신저자 : , 135 - 720

146 - 92

3)

범불안장애의 임상적 특징

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40 가 20 가 가 .

35 가 , 40 가 (disability)

(1), 가 가

1/3 가 , 가

가 가 .

가 (34.7%), (15.5%), (47.8%), (32.5%)

(BZPs), 5-HT_{1A}

hydroxyzine

SSRI paroxetine SNRI

venlafaxine 가

1/3 가

가 가 ,

가 가 , ,

가 1

1. 벤조다이아제핀계약물

가 .

BZPs 가

가

5,6) BZPs 가

가

7)

범불안장애의 약물치료

가

가

6

4) 가

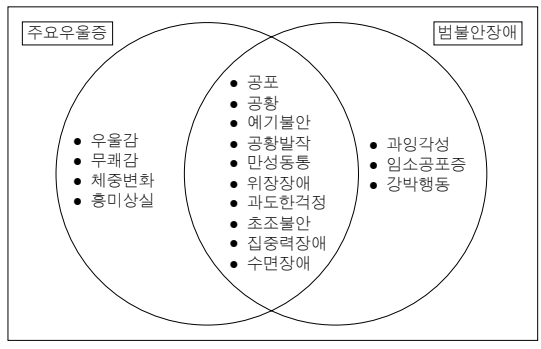


Figure 1.

가 . BZPs , 가
 , , 가
 가 .
 BZPs가
 8) BZPs
 . BZPs 가
 ,
 가

2. 세로토닌 1A 수용체 부분효현제
 azapirone buspirone
 1986 가
 . buspirone
 가
 ,
 1a 가
 .
 9)
 . buspirone
 10,11)
 .
 buspirone BZPs
 가 ,
 3
 . Buspirone
 가 , ,
 (anxious depression)
 가 12,13)
 benzodiazepine bus-
 pirone 가 .

3. 항우울제
1) 삼환계 항우울제
 가 BZPs 가

2) 선택적 세로토닌 재흡수 차단제(SSRI)
 SSRIs , ,
 가
 가
 fluoxetine, sertraline, paroxetine, flu-
 voxamine, citalopram
 , paroxetine
 가
 14-16) FAD
 가 . DSM - IV
 81 paroxetine(1
 20 mg), imipramine(1 50~100 mg), 2 '- chlor-
 desmethyldiazepam(1 3~6 mg) 8
 14) paroxetine imipramine
 diazepam 4 8 가 imipramine
 paroxetine 4 가
 diazepam , imipramine 8
 가 diazepam , pa-
 roxetine 가 imipramine
 . paroxe-
 tine imipramine
 (psychic symptoms) ,
 diazepam (somatic symptoms)
 . imipramine
 가 , dia-
 zepam ,
 paroxetine 가
 . - pa-
 roxetine
 15,16)
 . paroxetine
 가 15,17)
 가 10~
 20 mg ,

20~40 mg SSRI . carinic hydroxyaine 1 . hydroxyzine, buspirone placebo 가 4 HAM - A hydroxy- . paroxetine zine placebo , bus- SSRIs prirone placebo 가 .²¹⁾ hydroxyzine 가 . 가 가 . SSRIs 가 . 증 례 : 35 2 . SSRIs 가 . 가 (5~10 mg 가 .)

3) 세로토닌 및 노르에피네프린 재흡수차단제

venlafaxine 가 . 365 가 . venlafaxine XR(75 mg 150 mg) buspirone(30 mg) 8 , .¹⁸⁾ venlafaxine 75 mg 150 mg 8 가 HAM - A anxious mood tension 가 , 8 paroxetine 10 mg CGI venlafaxine 75 mg(62%), 1 20 mg . 2 buspirone(55%), venlafaxine 150 mg(49%) (39%) . venlafaxine XR therapeutic window 가 . 6 , . venlafaxine XR 75 mg 225 mg , .^{19,20)} SSRI , . , . paroxetine 가 , . , . 가 .

4. 기타 약물

hydroxyzine histamine - 1 mus-

요 약

pirone buspirone, aza-
 가 , 가
 가
 1 . SSRI
 가 , paroxetine
 가
 venlafaxine
 가
 1 2 paroxetine
 venlafaxine . paroxetine venlafaxine
 가
 가

중심 단어 : Paroxetine · Venlafaxine.

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