

## 한국형 양극성 장애 약물치료 알고리즘의 적용 가능성(II) : 약물의 선택

신영철<sup>1</sup> · 박원명<sup>2</sup> · 김찬형<sup>3</sup> · 민경준<sup>4</sup> · 윤보현<sup>5</sup> · 조현상<sup>3</sup> · 권준수<sup>6</sup> · 전덕인<sup>3,7</sup>  
한국형 양극성 장애 약물치료 알고리즘 적용 가능성 연구그룹<sup>8</sup>

### ABSTRACT

#### Feasibility of Korean Medication Algorithm for Bipolar Disorder(II) : Choice of Medications

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**Objective** : The Korean College of Neuropsychopharmacology and the Korean Academy of Schizophrenia developed the Korean algorithm project for bipolar disorder to aid clinical decisions. The purpose of this study was to investigate the prescribing tendency of psychopharmacological agents such as mood stabilizers and antipsychotics according to the Korean Medication Algorithm for Bipolar Disorder (KMAP-BP) in clinical settings. **Methods** : Ninety-two patients were treated according to the algorithm. Among them the selection and dose of drugs were investigated in 71 patients whose precise medication records were available. **Results** : Lithium (n=37) and divalproex (n=33) were used as mood stabilizers and combination treatment with both medications was done for one

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patient. Carbamazepine was not used. During the maintenance period, dosage of mood stabilizer was higher for mixed and psychotic mania compared with euphoric mania. Antipsychotic drug was co-administrated with a mood stabilizer from the beginning of the treatment in 62 of 71 patients and risperidone (69.4%) was the most preferred drug. Of those 62 patients who were treated with antipsychotics, 24 patients were initially taking anti-parkinsonian agents. **Conclusion** : This study investigated the prescribing tendency of clinicians who practiced according to the KMAP-BP. Considering the results of this study, further research is needed to revise KMAP-BP. (Korean J Psychopharmacol 2005;16(4):285-291)

**KEY WORDS** : Bipolar disorder · Korean Medication Algorithm · Feasibility · Mood stabilizer · Antipsychotics.

## 서 론

가<sup>7)</sup>

## 대상 및 방법

가  
(naturalistic study) . 5)

1-3)

가

4)

### 1. 치료 전략 및 약물의 선택

(evidence - based)

가 1  
가  
가 가  
가

The Expert Consensus Guideline Series - Medication Treatment for Bipolar Disorder 2000 <sup>1)</sup>

5,6)

2002

가

가



carbamazepine  
 lithium divalproex 가  
 lithium  
 (lithium 15 , divalproex 9 )( 1).  
 lithium 가 (lithium 6  
 , divalproex 4 ).  
 thium ( 2). Li-  
 thium 1216 ± 349

mg, 1250 ± 226 mg,  
 1288 ± 296 mg . Divalproex  
 1100 ± 308mg, 1296 ± 253  
 mg, 1216 ± 335 mg  
 가  
 ( 2).  
 lithium  
 1050 ± 213 mg, divalproex가 1058 ± 261 mg

## 2. 항정신병약물

71 62  
 risperi-  
 done 43 (69.4%) 가 quetiapine(9 ,  
 14.5%), olanzapine(6 , 9.7%), haloperidol zote-  
 pine( 2 , 3.2%) ( 3).

olanzapine  
 divalproex lithium (lithium  
 4 , divalproex 2 )( 4).  
 risperidone 3.6 mg(1~6 mg),  
 quetiapine 500.0 mg(100~1200 mg), olanzapine  
 16.7 mg(5~40 mg), zotepine 37.5 mg(25~50  
 mg), haloperidol 5.1 mg(1.5~8 mg) .  
 ( 1 6 , 2 2 )  
 ( 1 ) 가

**Table 2.** Maintenance dose of mood stabilizer in bipolar patients

Episode	Subtype	Mood stabilizer	Mean dose ± SD (range), mg/day
Manic	Euphoric	Lithium	1215 ± 349 (450 - 1800)
		Divalproex	1100 ± 308 (600 - 1800)
	Mixed	Lithium	1250 ± 226 (900 - 1500)
		Divalproex	1296 ± 253 (750 - 1500)
	Psychotic	Lithium	1288 ± 296 (450 - 1800)
		Divalproex	1216 ± 335 (1000 - 1800)
Depressed	Lithium	1050 ± 212 (900 - 1200)	
	Divalproex	1058 ± 262 (750 - 1500)	

SD : Standard Deviation

**Table 3.** Investigators' choice of antipsychotic drug in each subtype of mania

Antipsychoics	Euphoric (n=27)	Mixed (n=10)	Psychotic (n=24)	Rapid cycling (n=1)	Total (n=62)
Risperidone	21	5	17	0	43
Quetiapine	2	3	3	1	9
Olanzapine	2	2	2	0	6
Zotepine	2	0	0	0	2
Haloperidol	0	0	2	0	2

**Table 4.** Combination pattern of a mood stabilizer and an antipsychotic drug in patients with mania

	RPD (n=42)	QTP (n=9)	OZP (n=6)	ZTP (n=2)	HPL (n=2)	Total* (n=61)
Lithium	22	5	4	2	2	35
Divalproex	20	4	2	0	0	26

\* : the patient with triple combination (lithium, divalproex, and risperidone) was excluded. OZP : olanzapine, RPD : risperidone, QTP : quetiapine, ZTP : zotepine, HPL : haloperidol

### 3. 항우울제

71 (lithium 6, divalproex 4).  
 1 6, 2 2 . 2 가  
 6  
 sertraline, venlafaxine 2 paroxetine, / lithium  
 pine 가 divalproex carbamazepine<sup>12-14)</sup>

### 4. 항파킨슨약물의 사용

71 24  
 . Risperidone 43  
 21 (48.8%) 가  
 ium lith-  
 (5.3%). 가

### 5. 약물의 진행 개요

71 55 1 가  
 , 2 14 3 divalproex 가  
 2 15)  
 28 5 (17.9%) ,  
 24 3 (12.5%) 2 carba-  
 , 10 5 (50%) 2 mazepine  
 , carbamazepine  
 . 8 2 2 pine 가  
 , carbamazepine divalproex, lithium  
 가 ,

## 고 찰

#### 1. 기본조절제

thium divalproex가 li- . Lithium  
 가 . Lithium 1970 1100~1300 mg 가  
 ,  
 .<sup>10,11)</sup> 2002 . Divalproex ,  
 8) lithium  
 (treatment of choice)  
 / divalproex olanzapine  
 가 lithium . divalproex lithium  
 (lithium 4, divalproex 2) olanza-

pine divalproex

가

. 2002

2. 항정신병약물

71 62

5) 1

risperidone  
peridone

가 가  
가

. ris-  
가

quetiapine

olanzapine  
가  
olanzapine

가

.15,17)

가

.18,19)

.20,21)

haloperidol

1

가 가

risperidone

가

가

가

가

가

가

가

risperidone

목 적 :

가 가

요 약

olanzapine

quetiapine

가 가

방 법 :

92

71

결 과 : lithium(37 ) divalproex  
(33 ) carbamazepine

가

71 62

risperidone(69.4%) 가가  
risperidone

가 (48.8%).

결 론 :

가 가

중심 단어 :

가 .

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구그룹(가나다순) : ( ), ( ),  
( ), ( ), (가  
) , ( ), ( ), ( ), ( )  
, ( ), ( ), ( ),  
( ), ( ), ( )  
, ( ), ( ), ( ),  
( ), ( ), ( )  
, (가 ) .

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