CBS24. Evaluation of antidepressants and anxiolytics prescription in a specialized dispensing center in the state of São Paulo

Cavanha BCCB, Savanhaqui DO, Santello FH

Introduction: Psychotropic medications use has grown in many countries in recent decades, which has been attributed to the increased frequency of diagnosis of psychiatric disorders in the world population, the introduction of new psychiatric drugs in the pharmaceutical market and to new therapeutic indications for existing psychotropic drugs. Mental disorders affect about 700 million people worldwide, according to the World Health Organization, representing 13% of all diseases; and depression and anxiety are at the top of the list. The term depression applies as to normal mood changes as to a group of specific disorders. Feelings of sadness or unhappiness are common in situations of loss, conflicts and failures in interpersonal relationships, and featuring a normal emotional state, no pathological; however, when these symptoms do not disappear spontaneously, are disproportionate to the event that triggered this or nonexistent, compromising everyday life, this individual probably has a depressive disorder. Depression affects around 15% of the population and when diagnosed, usually the treatment indicated involves psychotropic medications associated. On the other hand, the anxiety disorder is characterized by frequent and persistent pattern of worry and anxiety about several activities and events, and contrasts with a normal or non-pathological anxiety. It is common the anxiety disorder to be accompanied by depression and vice versa; and that’s why, normally antidepressants are associated with anxiolytics, which has resulted in a growing consumption of these two pharmacological classes over the years. Objective: The present study aimed to evaluate prescriptions containing antidepressants (tricyclic and selective serotonin reuptake inhibitors) or anxiolytics, and both pharmacological classes concurrently dispensed in a basic unit of the health specialized in mental disorders. Methods: It was an observational descriptive study, which reports prescriptions dispensed on a Public Mental Health Pharmacy of Barretos, a countryside municipality in the state of São Paulo. Prescriptions already dispensed were considered, referring to two months (December/2012 and January/2013) dispensation, based on a table directed to the purpose and the results were shown as percentage. Results and discussion: A total of 6,578 prescriptions were analyzed, 5,664 (86.10%) presented antidepressant and/or anxiolytic. Among the prescriptions with pharmacological classes under study, 22.03% contained antidepressants, 45.78% presented anxiolytics, isolated or associated, and 32.19% included both. In 618 prescriptions with tricyclic antidepressants, 547 with selective serotonin reuptake inhibitors and 2487 with anxiolytics, 6.97%, 4.57% e 5.59% contained associations, respectively. In 167 prescriptions the three pharmacological classes were associated. Therefore, it was observed that the majority of prescriptions contained antidepressants and anxiolytics, showing a high intake of these classes of medicines by the studied population.

Keywords: Antidepressant, Anxiolytic, Prescription.

Financial support: CNPq.