

P-1133 - COMBINING GROUP PSYCHODYNAMIC PSYCHOTHERAPY WITH PHARMACOTHERAPY TO TREAT TARGET SYMPTOMS OF IRANIAN PSYCHIATRIC OUTPATIENTS

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Introduction: Group psychodynamic psychotherapy (GPP) has shown some promising evidences to ameliorate the target symptoms of psychiatric patients.

Objectives: To examine the efficacy of adding GPP to pharmacotherapy treatment of Mixed anxiety-depressive disorder outpatients.

Aims: To investigate into the symptom relief effects of GPP in a developing setting.

Method: 21 psychiatric outpatients who entered long-term group psychodynamic psychotherapy plus pharmacotherapy protocol (Combined therapy) and 22 psychiatric outpatients who entered pharmacotherapy alone protocol of a psychotherapy clinic in the capital (Tehran), were matched against each other and analyzed on an intent to treat basis. HAM-D-24 Q , and HAM-A were used to rate the symptoms at baseline and after 6 months of each therapy (Dropouts reported < 5%). The percentile reduction in symptom scores and the response rates for each group were compared. Age, sex and baseline depressive and anxiety scores were also examined for their confounding effect on the response rate of patients.

Results: Compared with pharmacotherapy alone, Combined therapy caused more reduction in both depressive (53% vs. 44%) and anxiety (54% vs. 45%) symptoms and also a greater response rate (62% vs. 38%) among participants. Although not significant, the asymmetric distribution of 95% confidence interval rates of the difference (PROP test,R) indicated a higher proportional response rate for combined therapy. No confounding effect was found for proposed variables.

Conclusion: The results for combining GPP with pharmacotherapy to improve the symptomatic outcome of Iranian psychiatric outpatients are in line with the developed settings studies.