

P-1383 - CORRELATIONS BETWEEN POST-TRAUMATIC SPECTRUM SYMPTOMS AND SERUM NEUROSTEROIDS LEVELS IN PATIENTS WITH PTSD AND HEALTHY CONTROL SUBJECTS

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Introduction: Many studies have explored the relationship between abnormalities of the hypothalamic-pituitary-adrenal (HPA) and anxiety disorders, nevertheless data on post-traumatic stress conditions are still controversial.

Objectives: To find a link between neurosteroids alterations and PTSD.

Aims: To explore cortisol and dehydroepiandrosterone sulfate (DHEA-S) serum levels in a sample of patients with post-traumatic stress disorder (PTSD), recruited from the general population, compared with a group of healthy control subjects.

Methods: We recruited 26 patients with PTSD (mean age: 43.69 ± 10.03 years), assessed by the SCID-I / P for the DSM-IV-TR diagnosis, and 26 healthy control subjects (mean age: 42.12 ± 10.39 years), without current or lifetime psychiatry disorders. The neurosteroid levels were measured in 10 ml of venous blood, between 9 and 10 am, at least 2 hours after awakening to minimize the physiological increase of cortisol in the morning. Patients and controls were assessed by Trauma and Loss Spectrum Self-Report [5].

Results: Significantly lower cortisol levels, but not DHEA-S, were detected in patients with PTSD ($t = 15.97$, $p < .001$) compared with control subjects. In addition, significant correlations emerged with domains of the TALS-SR.

Conclusions: Our results confirm the existence of a relationship between alterations in HPA axis and post-traumatic spectrum symptoms, although further studies are needed.

References: 1.Dell'Osso L, Carmassi C, Rucci P, et al. 2009. A multidimensional spectrum approach to post-traumatic stress disorder: comparison between the Structured Clinical Interview for Trauma and Loss Spectrum (SCI-TALS) and the Self-Report instrument (TALS-SR).

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