

P01-124 - **TREATMENT OF GENERALISED ANXIETY DISORDER IN ELDERLY PEOPLE WITH PREGABALINE**

M.C. Campos Mangas¹, M.A. Ruiz Feliu²

¹*OSAKIDETZA, San Sebastian D,* ²*OSASUNBIDEA, Pamplona, Spain*

Objectives: The aim of the current study is to analyse our clinical experience with pregabalin, evaluate its efficacy and safety in the treatment of generalised anxiety disorder in elderly people.

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Methods: The patient sample was selected from 3 psychogeriatric centers, considering patients 65 years and older with a clinical diagnosis of generalised anxiety disorder with or without psychiatric comorbidity.

Results: The treatment with pregabalin has improved both somatic and mental symptoms of generalised anxiety disorder in the 15 patients analysed.

The mean age was 71 years (women 68%). Significant improvement has been observed in the control of psychic and somatic anxiety symptoms in 10 of the 15 patients. In 3 patients the control of the symptoms was partial.

The tolerability of the product has been good in medium doses of 250 mg/day. The most frequently adverse events were somnolence and dizziness. Discontinuations due to adverse events were in 2 patients.

Conclusions: Pregabalin is a novel compound, a structural analogue of gamma-aminobutyric acid (GABA), one of the key inhibitory neurotransmitters in the brain. Its mode of action is believed to be mediated by alpha-2-delta-1 subunit protein of voltage-gated calcium channels to bring about its anxiolytic, anticonvulsant and antinociceptive effects.

Pregabalin has been shown to be safe, well tolerated and effective in the treatment of generalised anxiety disorder in patients 65 years old and older.