

The Use of Psychopharmacotherapy in Subjects Exposed to Trauma: an Observational Study.

F. Fiori¹, F. Vellante¹, M. Brunetti¹, G. Sepede¹, G. Martinotti², F. Sarchione¹, M. Di Giannantonio²

¹Psychiatry, Department of Neuroscience chair of Psychiatry University "G. d'Annunzio ", Chieti, Italy ;

²Psychiatry, Department of Neuroscience chair of Psychiatry University "G. d'Annunzio " Department of Mental Health, Chieti, Italy

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Introduction

PTSD is a disorder which occurs after a person is exposed to a trauma, or to threats of imminent death, characterized by symptoms such as intrusive thoughts, avoidance, and hyperarousal.

Aim

To observe the relation occurring between psychic trauma and psychopharmacotherapy in subjects exposed to trauma.

Methods

Among the DMH and the Department of Neuroscience and Imaging of Chieti, we recruited 50 subjects exposed to trauma. Rating scales (CAPS, HAMILTON-A e D, BARRAT IMPULSIVNESS SCALE) were handed out to each person; 38 subjects (Group A) never assumed psychiatric drugs before, the 12 left over (Group B) had used psychiatric drugs before: 11 of the latter (Group B) were diagnosed PTSD with comorbidity (9 mood disorders; 1 anxiety disorder; 1 borderline disorder); the only one remaining patient from Group B was suffering from bipolar disorder with psychotic symptoms even though he was never diagnosed with PTSD before. For this disorder came out after being exposed to trauma.

Results

Among the 50 recruited subjects, those who develop PTSD (38%) take a drug therapy. Data analysis show a more significant relation between PTSD diagnosis and other comorbidity treated with psychiatric drugs (Fisher exact two tailed $p=0.0077$), than with patients exposed to trauma do not develop PTSD.

Conclusions

The intake of drugs is often associated with comorbidity with other psychiatric disorders. The isolated exposure to trauma does not seem to generate the need for intake of psychiatric drugs.