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COMPARISON OF THE EFFECT ON 8 WEEKS TREATMENT WITH FLUOXETINE AND IMIPRAMINE ON FASTING BLOOD SUGAR OF MAJOR DEPRESSIVE PATIENT

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Background: There is a lot of interference between depression and diabetes - mellitus and vice versa. Therefore, control of blood glucose levels in depressive patients and also to knowing the effect of antidepressants on blood glucose levels is important. This study was performed to determine the effect of 4 and 8 weeks treatment with Fluoxetine and Imipramine on the fasting blood sugar (FBS) of patient with major depressive disorder.

Material and method: This study was a parallel randomized clinical trial that was performed in 2006 on out - patients, of the psychiatric ward of Hashemi Senejani Hospital of Arak - Iran, for major depression treatment; there were 40 subjects in each group. These patients had their F.B.S. tested three times, before beginning and 4 and 8 weeks after treatment, respectively.

Results: There were not significant statistical differences between first and second time mean F.B.S. values in group A, but we had a significant decrement in first and third times mean F.B.S. values ($p < 0.05$). There was also a significant increment in second and third times mean F.B.S. values versus first time mean F.B.S. values in group B ($p > 0.05$).

Conclusion: In this study, we have found that there is a decrement in F.B.S. mean value after 8 weeks of treatment with Fluoxetine and increment in FBS after 4 and 8 weeks of treatment with Imipramine. Therefore, we recommended Fluoxetine for hyperglycemic depressive patients and Imipramine for hypoglycemic one.