

**Aim of the work:** To follow the efficiency of the Sertraline (Asentra) treatment in patients with anxiety and depression symptoms after cardio-surgical interventions.

**Materials and methods:** During the research we included 30 patients with anxiety and depression symptoms after cardio-surgical intervention. They were chosen randomly, hospitalized and treated in the Specialized cardio-surgical clinic Filip II, Skopje. The patients were of both sexes, aged 30–65. They were all treated with Asentra tablets in dosages of 50mg taken only in the morning over the period of 3 months. They were evaluated by HAMD and HAS in the beginning, after being treated for 4 weeks and after being treated for 6 months.

**Results:** In 18 patients there was a significant improvement which resulted in score decline. In 5 patients there was a slight improvement. And in 7 patients there was no significant improvement after 4 weeks or after 6 months.

**Conclusion:** Asentra(Sertraline) efficient and safe SSRI anti-depressive in treating patients with anxiety and depression symptoms after cardio-surgical interventions.

## P093

The effects eszopiclone 3mg on next day driving ability, cognitive and psychomotor function in patients with primary insomnia

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**Background:** We investigated the impact of eszopiclone 3mg on next day driving ability (on-the-road brake-reaction-time, BRT) and cognitive and psychomotor performance in patients with primary insomnia.

**Methods:** Patients with DSM-IV primary insomnia completed this study. Treatment was administered 30min before bedtime, and next day driving ability was assessed by on-the-road BRT approximately 9.5 hours postdose. A cognitive test battery measured residual effects on information processing, divided attention, psychomotor tasks, and working memory. Overnight polysomnography was conducted to assess sleep architecture; subjective ratings of morning sedation and sleep quality were also obtained.

**Results:** There were no significant differences in BRT following night time administration of eszopiclone 3mg compared with placebo ( $p=0.39$ ) and there were no significant differences in objective cognitive tests of information processing, divided attention, psychomotor tasks and working memory ( $p$  values $>0.15$ ). No significant effect on subjective next day ratings of morning sedation, coordination or mood was observed ( $p$  values $>0.22$ ). There was improvement compared with placebo ( $p<0.0001$ ) in subjective ease of getting to sleep and quality of sleep the morning following dosing, and no perceived impairment of behavior following awakening or early morning awakenings. Polysomnography demonstrated significant improvements in sleep onset and maintenance.

**Conclusion:** In this study, the first to assess next day on-the-road driving in primary insomniacs following hypnotic use, eszopiclone 3mg improved both objective and subjective measures of sleep onset and maintenance without residual impairments on next day driving ability or cognitive and psychomotor performance.

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## P094

The impact of a novel computerized CBT CD-Rom (overcoming depression) offered to patients referred to clinical psychology

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**Methods:** A new computerized cognitive behavioural therapy (CCBT) program was offered to consecutive referrals to the clinical psychology department where the referral letter had noted the presence of depression/low mood as a major problem. The exclusion criteria were age below 16 or above 65, current active suicidal intent, psychosis and an inability to read.

**Results:** Seventy-eight consecutive referrals were offered an appointment for CCBT; 20 (26%) attended at least one session of CCBT and 14 (70% of starters) completed all six hour-long sessions. A clinically and statistically significant fall of over 11.07 points (SD 6.16) on the BDI-II occurred between baseline and 6 weeks, from a mean score of 30 (severe) to 18.93 (mild). The equivalent mean differences between the baseline and 6-week scores were 7.66 points for the BAI (SD 11.25), 2.93 points for the BHS (SD 5.54), and -3.93 points for the SASS (SD 8.35). Beck Depression Inventory scores (BDI-II) fell from a mean of 28.15 (SD 11.41) to 20.00 (SD 10.41) ( $p=.000$ ) over the 6-week intervention period using an intention to treat analysis. The mean time with a self-help support nurse supporting their use of the CD Rom was 52 minutes in total.

**Conclusion:** Only a quarter of patients on this psychology waiting list chose to use a CBT CD-Rom. The package seems to lead to improved mood. A randomised controlled study is required and is in progress.

## P095

Association between quality of life and self-stigma, insight, and adverse effects of medication in patients with depressive disorders

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**Background and aims:** The aims of this study were to examine whether different domains of quality of life (QOL) are differently affected by depressive disorders by comparing QOL of subjects with and without depressive disorders, and to examine the association of QOL with self-stigma, insight and adverse effects of medication among subjects with depressive disorders.

**Methods:** The QOL on the four domains of the WHOQOL-BREF Taiwan version were compared between the 229 subjects with depressive disorders and 106 control subjects without depressive disorder. Among the subjects in the depressive group, the association between the four QOL domains and subjects' self-stigma, insight, and adverse effects of medication were examined using multiple regression