

Antipsychotics

I. Bitter<sup>1</sup>

<sup>1</sup>Department of Psychiatry and Psychotherapy, Semmelweis University, Budapest, Hungary

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Introduction

While the introduction of new drugs into psychiatric practice has alarmingly slowed down due to the large decrease in discovery of new drugs, there is an increase in knowledge about the available drugs.

Objectives

The aims of this presentation are to summarize practice relevant research data and existing gaps in clinical psychopharmacology.

Methods

Selected review of the literature.

Results

1. Recent research failed to produce breakthroughs in the identification of new drug targets.

The industry sharply decreased its investment into psychopharmacology research.

2. Psychiatric classification systems have not been successful in integrating new findings from genetics, neuroimaging, cognitive sciences, etc. NIMH suggested to use Research Domain Criteria (RDoC).

3. Large databases were developed about clinical studies and real life data and powerful statistical methods have been introduced, which helped in better defining the comparative effectiveness of available drugs.

4. While low response rates have been reported in many psychiatric disorders, guidelines provide little help to clinicians in selecting drugs with best efficacy: side effects ratio.

5. Many areas highly relevant for the practice are underresearched, e.g. the role of polypharmacy, the optimal length of pharmacological treatments or multimodal treatment.

Conclusions

Treatments based on better knowledge of evidence based differences in the efficacy and safety of psychotropic drugs are helpful in achieving better outcomes both in terms of psychopathology and functioning.

Independent educational programs in psychopharmacology and better residency training in psychopharmacology are needed, which could be supported by the EPA initiated Psychopharmacology Curriculum for Residents' Training.