

P-907 - ESCITALOPRAM MONOTHERAPY IN MANAGING DEPRESSIVE AND PAIN SYMPTOMS IN PATIENTS WITH DEPRESSION AND FIBROMYALGIA

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Introduction: Fibromyalgia is characterized by diffuse musculoskeletal pain, fatigue, sleep disturbance, headaches, and cognitive and affective disturbance. The aetiological pathway is not clearly understood nor is there a clearly defined pathophysiological profile for the disorder that distinguishes it as a diagnosis.

Objectives: To investigate the efficacy of 20mg escitalopram monotherapy in management of depressive symptoms, pain, fatigue and sleep.

Aims: To demonstrate efficacy of escitalopram in improving depressive and pain symptoms as measured by primary and secondary outcome measures.

Methods: 60 subjects were randomized to treatment or control group and evaluated at 4,8 and 12 weeks using MADRAS, McGill pain questionnaire, fibromyalgia impact score and sleep questionnaires.

Results: Mean MADRAS score was significantly lower in the treatment group (14.96 ± 1.02 vs 18.12 ± 1.05 ; $p = 0.03$) as compared to the control group. When the change from baseline on MADRAS score was compared between the groups, the reduction was even more apparent in the treatment group (-12.49 ± 1.48 vs -4.77 ± 1.54 ; $p = 0.001$). Mean FIBROMYALGIA score was significantly lower in the treatment group as compared to the control group (54.20 ± 2.09 vs 64.93 ± 2.14 ; $p < 0.001$). The reduction was much higher in the treatment group than the control group (-21.31 ± 2.94 vs -2.79 ± 3.03 ; $p < 0.001$).

Conclusion: Positive statistically significant results for treatment group on all primary outcome measures of MADRAS and fibromyalgia impact score questionnaire.