

ABSTRACT

DRUG UTILIZATION STUDY OF ANTIANXIETY DRUGS IN PATIENT WITH GENERALIZED ANXIETY DISORDER

(Study at Psychiatry Ambulatory Care
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Background: Generalized Anxiety Disorder (GAD) is one of anxiety disorder with prevalence 5–8 %. Administering antianxiety drugs should be done correctly based on patient condition. This is due to variability responses of individual towards the drugs (which showed by dose and duration of therapy differences), type of antianxiety drugs related to clinical manifestation, adverse effect of antianxiety drugs, comorbid, or special population. Therefore, management therapy of GAD should be considered carefully, in choosing drugs or adjusting dose regimen.

Objective: The aims of this study was to analyze the profile of antianxiety drugs used in GAD, and to identify drug related problems (DRPs) of antianxiety drugs.

Method: It was a retrospective study during period January 2014 to March 2015 at Dr. Soetomo Teaching Hospital, Surabaya, East Java.

Result: The results showed that from 30 patient with GAD, the majority was female (67%) with the age of 45–54 years old (40%). Most of patients were come from Eastern Surabaya (27%) and a senior high school graduates (60%). The common symptoms that occurred were excessive anxiety (100%) and unable to sleep (70%). GAD usually comorbid with depression (43%). Antianxiety drugs which given to the patients were benzodiazepine, especially alprazolam (60%), clobazam (50%), and lorazepam (23%). Alprazolam and lorazepam were used for GAD with severe sleep disorder; clobazam was used for people who still want to do their work actively (low sedative effect); lorazepam was used for those who have renal or hepatic dysfunction.

Conclusion: Antianxiety drugs used in GAD were alprazolam, clobazam, lorazepam. They were administered 1–3 daily orally. Potential drug related problems were adverse drug reaction, like somnolence, drowsiness, lightheadedness, lethargy, headache, dry mouth, and antianxiety drugs interaction with antidepressant.

Keywords: *generalized anxiety disorder, GAD, antianxiety drugs, benzodiazepine, drug utilization study, drug related problems (DRPs), alprazolam, clobazam, lorazepam*