



COMBINED TREATMENT PSYCHOTHERAPY AND PHARMACOTHERAPY

Thesis

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Master Degree in **NEUROPSYCHIATRY**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(وَقُلْ رَبِّ زِدْنِي عِلْمًا)

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

سُورَةُ طه آيَةُ رَقْم (١١٤)



Dedicated To ...

My Family

Without Their Help and Sacrifice This Work Would not
Have Been Possible

Yasser

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LIST OF ABBREVIATIONS

CNS	Central nervous system
GABA	Gama amino butyric acid
BZ	Benzodiazepine
MAOIs	Monoamine oxidase inhibitors
SLE	Systemic lupus erythematosus
RIMAs	Reversible inhibitors of monoamine oxidase
SSRIs	Selective serotonin reuptake inhibitors
SRI s	Serotonin reuptake inhibitors
D.A	Dopamine
D	Dopamine receptor
5HT	5 hydroxy tryptamine receptor (serotonin)
SST	Social skill training
SANS	Scale of assessment of negative symptoms
OCD	Obsessive compulsive disorder
AED	Antiepileptic drugs
Na⁺	Sodium
PET	Positron emission tomography
SPECT	Single photon emission computerized tomography

INTRODUCTION

INTRODUCTION

In the past, many of the drugs acting on the C.N.S were discovered by chance when they were administered for one condition and observed to be helpful for an entirely different condition. Later on, the neuro-scientists discovered the biology of C.N.S. transmitters and many of the hidden metabolic mechanisms of them. So the pharmaceutical industry has been able to develop new drugs that are more effective and have a lower incidence of side effects. And what was resistant to treatment in the past become hopeful today (*Kaplan and Sadock, 1989*).

Psychiatry is a part of medicine, but it has an advantage over all medical specialities which is the presence of many lines of treatment other than pharmacotherapy of which are the different types of psychological treatment or psychotherapy. To many people the term psychotherapy still evokes an image of a bearded man with a pipe sitting silently in a chair while a client reclining on a nearby couch recounts traumatic events in his or her life. This image of psychotherapy has some truth but there are many other forms of psychological treatment and while some therapies have much in common, others bear little or no importance now (*Morris, 1985*).

Relatively few people know what psychotherapy is or what to think about it. Some consider it a disgrace to be in therapy, others see it as self indulgent because they believe that people should work out their problem on their own. Asking for help and paying for it seem to them signs of a weak character. Although there are many forms of psychotherapy to choose from most therapists today do not strictly adhere to one technique but borrow from several to meet needs of their clients. Psychotherapy always has high cost and needs much effort from both the patient and therapist, but it has the advantage of being safe does not disturb body functions. (*Morris, 1985*).

Some psychiatrists strongly endorse mind treatment in the form of psychotherapy and others endorse brain treatment in the form of pharmacotherapy. (*Beitman, 1993*).

Trials to combine sophisticated psychological treatment and technologically advanced pharmacotherapy herald the clinical psychiatry of the next century. There are a number of possible outcomes of combined treatment. First, combined treatment may have a positive effect and the effect may be either additive or synergistic. A second possibility is a facilitative interaction in which one treatment is effective only when combined with another, much the way an enzyme facilitate a reaction. There will be also negative effects of combining treatments. A drug induced decrease of symptoms may provide

the motivation to stop psychotherapy. Finally there may be no effect of combining medication and psychotherapy. However, clinical experience dictates that this outcome although possible, is not common (*Beitman, 1993*).

What are the interactions between psychotherapy and pharmacotherapy? What are the effects of combined treatment? What to combine and to which patient? all these questions will be explored in this work. We will also discuss the possible relationships between pharmacotherapy and psychotherapy in certain neuropsychiatric illnesses, mainly schizophrenia, anxiety, obsessive compulsive disorder, and epilepsy.

AIM OF THE WORK

In this work we will try to review :

- 1 - The interactions between psychotherapy and pharmacotherapy.
- 2 - The various psychotherapies and pharmacotherapies used in treatment of the following diseases :
 - * Schizophrenia .
 - * Anxiety neurosis.
 - * Obsessive compulsive disorder.
 - * Epilepsy .
- 3 - The efficacy of combined treatment over single treatment in the same diseases.

INTERACTIONS BETWEEN PSYCHOTHERAPY AND PHARMACOTHERAPY

- The influence of patient readiness to change with pharmacotherapy
- Factors affecting outcome of psychotherapy
- Pharmacotherapy during stages of psychotherapy
- Ethical and legal issues
- Compliance.