COMBINED TREATMENT PSYCHOTHERAPY AND PHARMACOTHERAPY

Thesis

Submitted for partial fulfillment of
Master Degree in **NEUROPSYCHIATRY**

By

Yasser Abdel Razek Mohamed

M.B.,B.Ch.

Supervised by

Prof. Dr. Ahmed Okasha

Professor and Chairman of the Department of Neuropsychiatry
Faculty of Medicine, Ain Shams University

Prof. Dr. Abdel Moneim Ashour

Professor of Neuropsychiatry,
Faculty of Medicine, Ain Shams University

Dr. Mohamed Osama Abdulghani

Assist. Prof. of Neuropsychiatry,
Faculty of Medicine, Ain Shams University

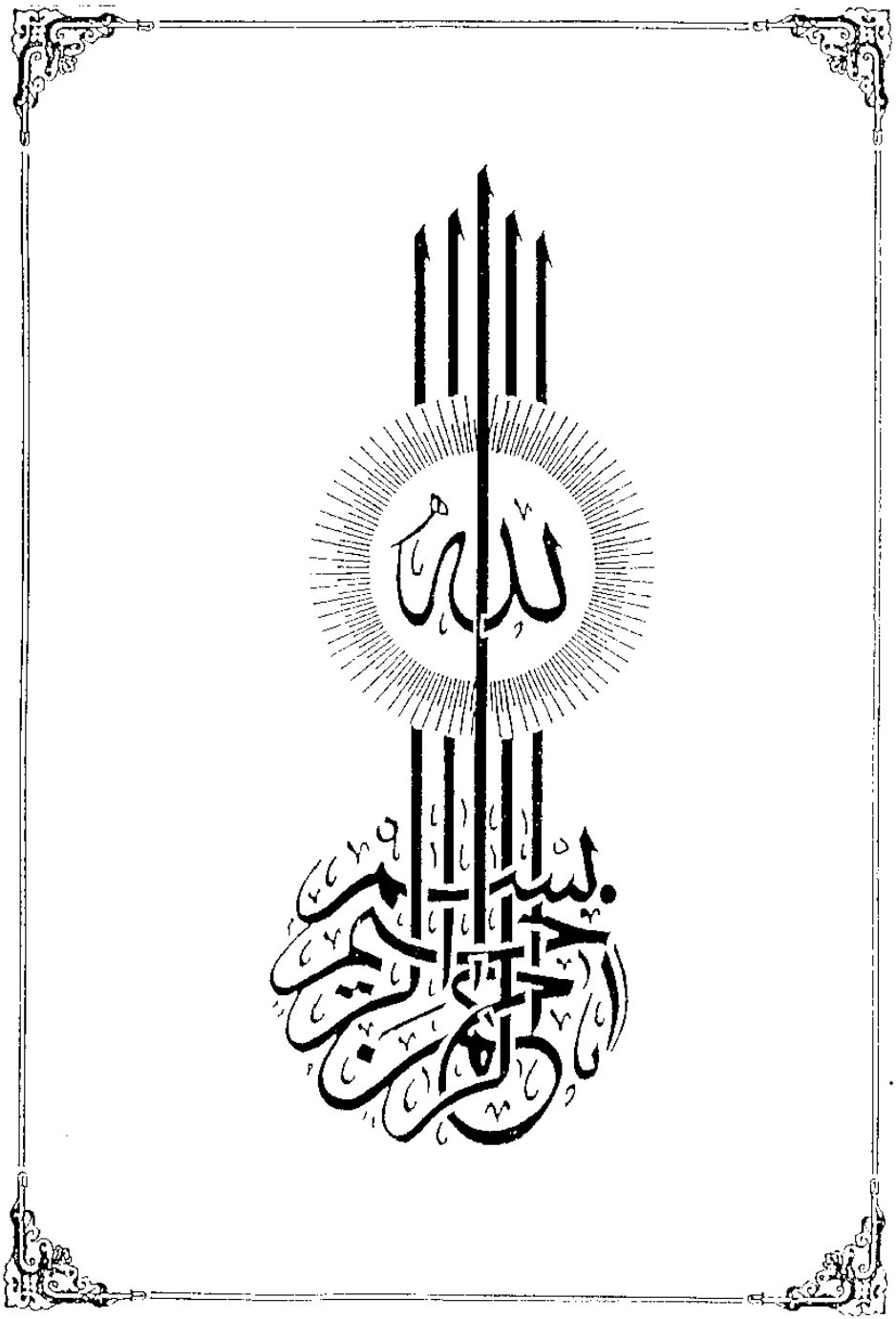
Faculty of Medicine
Ain Shams University
1995

بسم الله الرحمن الرحيم

(وقل رب زدنى علماً)

"صدق الله العظيم"

"سورة طه آيه رقم (١١٤)



Dedicated To . . .

My Family

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

Yasser

Acknowledgement

I would like to express my feelings of gratitude and indebtedness to Prof. Dr. Ahmed Okasha, Professor and Chairman of the Neuropsychiatric Department Ain Shams University, for suggesting the topic of this review, his fatherly guidance, support and supply of recent literature not available elsewhere.

I am profoundly grateful to Prof. Dr. Abdel Moniem Ashour, Professor of Neuropsychiatry Ain Shams University, for his help and guidance.

My sincere thanks and deep appreciation goes to Dr. Osama Abdel Ghany, Assist. Prof. of Neurology Ain Shams University, for his constructive critisicm, valuble comments and miticulous revision of the thesis, without which this work would have not been possible.

I also wish to thank my Professors and Colleagues at the Neuropsychiatric Department Ain Shams University for their help and support.

I am indebted to the following for their invaluable assistance; Dr. Aida seif El Dowla; Dr. M. Hemida; Dr. A. Emam; Dr. Maha Mohamed; Dr. Tarek Okasha; Dr. Amany Haroun; Dr. Naglaa El Khyatt; and Dr. Hisham Ramy.

Lastly, I would like to express my feelings of admiration, love and respect to my family whose support was overwhelming.

LIST OF CONTENTS

LIST OF TABLES

LIST OF FIGURES

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
SRIs	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 administrated 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 possiblity 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.