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Clinical trial in treatment of 80 Iranian patients with major depression disorder by completion of omega 3- fatty acid and selective serotonin reuptake inhibitor

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Objectives: Bipolar disorder, type I is a disturbing psychiatric syndrome, which is treated by stabilizing mood medications, psycho-social intervention and Electro Convulsive Therapy. As supplementation with Omega 3 has been considered effective in treatment of many diseases especially mental disorders, this study aimed at evaluating the effect of Omega 3 accompanying with Fluvoxamine compared with Fluvoxamine alone in the treatment of the deep depression phase in bipolar patients, type I.

Methods: 80 patients in this clinical trial study were selected using randomized controlled trial in two case and control groups, by psychiatrist. The case group took Fluvoxamine and Omega-3 tablets and the control group took only Fluvoxamine. Patients completed the Hamilton Rating Scale and demographic questionnaire at the beginning of the study and after two, four, eight and twelve weeks.

Results: The mean scores in the Hamilton Depression Scale in both groups under study after 2, 4, 8, 12 weeks decreased. Statistics showed a significant difference in scores in both groups before the treatment and after mentioned weeks.

Conclusions: Since research findings showed effectiveness of Omega-3 and its harmlessness, it is suggested that Omega 3 can be prescribed with other anti-depressant medications.

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