

# 강박장애의 약물효과 증대 전략

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## Augmentation Strategies in Obsessive Compulsive Disorder

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### ABSTRACT

The serotonin reuptake inhibitors(SRIs) and the serotonin selective reuptake inhibitors(SSRIs) are considered the first choice agents for pharmacologic treatment of obsessive-compulsive disorder(OCD). However, many patients with OCD experience little or no improvement in their symptoms when treated with SRIs or SSRIs. Patients who have experienced a partial or no response to an SRI/SSRI at 10 to 12 weeks are often considered for augmentation strategies. Nearly every class of psychotropic medications has been tried in an open fashion, though augmentation strategies have been somewhat disappointing.

KEY WORDS : OCD · Augmentation.

서론 (neurochemical systems) (McDougle 1997).

(serotonin reuptake inhibitors, SRIs) (Table 1). (augm - enting) 가 (Table 2, 3).

40 60% SRIs , SRIs 가 (McDougle 1997).

SRIs (heterogenous) , SRIs tryptophan, fenfluramine, lithium buspirone 가 . SRIs 가 SRIs (neurotransmission) 가 .

### 세로토닌 기능에 영향을 미치는 약물

1. Tryptophan Rasmussen(1987) tryptophan clomipramine

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**Table 1.** The first task of assessing Tx. resistance

1. accurate Dx.
2. inadequate Tx.
dose (was it high enough?)
duration (was it long enough?)
3. poor compliance
psychodynamics
cognitive impairment
comorbidity
poor understanding of Tx. plan

**Table 2.** Adequate dose & duration of first-line drugs

Clomipramine	- up to 250mg/day, 10 - 12wks
Fluoxetine	- up to 80mg/day, 10 - 12wks
Sertraline	- up to 200mg/day, 10 - 12wks
Paroxetine	- up to 60mg/day, 10 - 12wks
Fluvoxamine	- up to 300mg/day, 10 - 12wks

**Table 3.** Augmenting drugs

Agents	Dosage (daily)
Lithium	300 - 600mg
Clonazepam	1 - 3mg
Tryptophan	2 - 10mg
Buspirone	15 - 60mg
Alprazolam	0.5 - 2mg
Methylphenidate	10 - 30mg
Haloperidol	2 - 10mg
Pimozide	2 - 10mg
Clonidine	0.1 - 0.6mg
Fenfluramine	up to 60mg
Liothyronine sodium	10 - 25mg

가 tryptophan (controlled) tryptophan fluoxetine  
 tine  
 , eosinophilia myalgia syndrome 가  
 tryptophan

2. Fenfluramine  
 Ollander (1990) 7  
 fenfluramine SRIs 86%(6 )  
 amine (neurotoxic) 가 Fenflur -  
 가 ,  
 amine SRIs fenfluramine

3. Lithium  
 Lithium (presynaptic)

(refractory) 가 lithium  
 lithium  
 가 lithium imipramine, clomipramine, desipramine, doxepin fluoxetine  
 (Feder 1988 ; Golden 1988).  
 lithium  
 lithium

4. Buspirone  
 Buspirone (5-HT1A)

. Jenike (1991) buspirone fluoxetine  
 SRIs buspirone

**도파민 기능에 영향을 미치는 약물들**

, SRIs (probe)  
 가  
 가 가

1. 도파민 수용체의 길항제들 (tic)

SRIs

2. Haloperidol

haloperidol fl -  
 uvoxamine  
 (McDougle 1994).  
 가  
 가 가

(tardive dyskinesia) 2  
 SRIs clomipramine haloperidol  
 0.5mg 4 7  
 2 4mg  
 3. Pimozide  
 Pimozide fluvoxamine 가 (McDougle 1990).  
 (schizotypal) 가  
 pimozide (gamma knife)  
 4. Risperidone (5-HT<sub>2</sub>) (D<sub>2</sub>) (McDougle 1997).  
 risperidone fluvoxamine 가 (McDo -  
 ugle 1995). 6  
 SRIs 가

(Leonard 1997).  
 4. 전기충격요법과 정신외과수술  
 capsu -  
 lotomy, (cingulotomy),  
 (limbic leukotomy), ( 1996).  
 (McDougle 1997).

결 론

기타 약물치료

1. Clonazepam  
 Fluoxetine clonazepam 가  
 (Jenike Rauch 1994).  
 2. Clozapine 단독투여  
 가  
 clozapine SRIs

haloperidol clonazepam  
 가 Clonazepam ,  
 (disinhibition)  
 haloperidol  
 가 가

(McDougle 1995).  
 cl -  
 ozapine

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3. 면역 조절 요법과 penicilline  
 Sydenham's chorea가  
 , chorea가  
 가 (Swedo 1994).  
 가  
 (immunoglobulin) pl -  
 (immunomodulatory)  
 (Allen 1995).  
 penicillin

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