

To further the extensive pre-clinical pain relieving data, etifoxine has shown effectiveness as a pain reliever in patients with chronic joint pain (see below).

TREATMENT OF ANXIETY IN PATIENTS WITH CHRONIC JOINT PAIN

G. Lysenko, V. Tkachenko

National Medical Academy of Post-Graduate Education named after P.L. Shupyk, Department of Family Medicine, Kyiv, Ukraine

Background: Anxiety syndrome often accompanies and aggravates chronic rheumatic pain. The application of anxiolytic drugs in addition to complex therapy of rheumatic pain is not finally defined.

Aims: to determine the efficacy of etifoxine hydrochloride as adjunctive treatment of chronic rheumatic pain.

Materials and methods: We examined 34 patients with chronic joint pain, caused by rheumatoid arthritis, fulfilling the diagnostic criteria of the American College of Rheumatology, the mean age - 35-64 years, the mean duration of pain - 4-9 years. 17 patients took etifoxine hydrochloride (150 mg/day for 4 weeks) in addition to complex therapy (metotrexat, non-steroid anti-inflammatory drugs) and formed a main group; other 17 patients received traditional complex therapy and formed a comparison group. Efficacy was measured by the changes in indexes: Zung Anxiety Scale (ZUS), Sheehan Anxiety Scale (SAS), Spielberger' State-Trait Anxiety Inventory (SSTAI), Short Form-36 (SF-36), Visual Analog Scale of pain (VAS), Richi indexes (RI).

Results: All patients on baseline had moderate anxiety. After treatment anxiety indexes, indexes of pain and joint syndrome were significant decreased (ZUS - on 42%, SSTAI - on 52%, SAS - on 46%, VAS - on 43%, RI - on 26%) in patients of main group in contrast to the comparison group. More significant relief of anxiety and joint syndrome in patients of main group proved efficacy of etifoxine hydrochloride as adjunctive treatment of chronic rheumatic pain.

Conclusion: Addition of etifoxine hydrochloride to complex therapy of chronic joint pain leads to relief of anxiety, pain and joint syndrome, increase the efficacy of treatment and patients' quality of life.