

Symposium | Psychopharmacology : [Symposium 95] Towards Better Patient Treatments in Asia: Based on the Research on Asian Psychotropic Prescription Patterns (REAP)

 Sun. Sep 28, 2025 1:10 PM - 2:40 PM JST | Sun. Sep 28, 2025 4:10 AM - 5:40 AM UTC  Session Room 4 (Large Hall B)

[Symposium 95] Towards Better Patient Treatments in Asia: Based on the Research on Asian Psychotropic Prescription Patterns (REAP)

Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Shih-Ku Lin (Chang Gung Memorial Hospital)

[SY-95]

Towards Better Patient Treatments in Asia: Based on the Research on Asian Psychotropic Prescription Patterns (REAP)

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[SY-95-01]

The Research on Asian Psychotropic Prescription Pattern (REAP) - How it originated, what it achieved and where it goes in the future.

*Naotaka Shinfuku¹ (1. Kobe University School of Medicine (Japan))

[SY-95-02]

Network Structure of Social Withdrawal Symptoms in Asian Psychiatric Patients at High Risk of *Hikikomori*

*Seon-Cheol Park¹ (1. Department of Psychiatry, Hanyang University College of Medicine (Korea))

[SY-95-03]

Antidepressant Use and Clinical Correlates in Bipolar Disorder: An International Psychopharmacoepidemiology Consortium Study

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[SY-95-04]

The REAP project: a 26 years old project on pharmaco-epidemiology

*Yu-Tao Xiang¹ (1. University of Macau (China))

[SY-95-05]

Patterns of Antidepressant Use in Asia: Findings from the REAP-AD3 Survey

*Sota Kyuragi¹, Toshio Matsushima¹, Keitaro Matsuo¹, Tomohiro Nakao¹, Takahiro A Kato² (1. Kyushu University (Japan), 2. Hokkaido University (Japan))

[SY-95-06]

Prescription Pattern of Antidepressants in Thailand: A National Survey Result from the REAP-AD3 Study

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[SY-95-07]

Evolving Trends in Antipsychotic Prescription Patterns in Malaysia: Insights from the National Mental Health Registry and REAP Studies

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Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Shih-Ku Lin (Chang Gung Memorial Hospital)

[SY-95] Towards Better Patient Treatments in Asia: Based on the Research on Asian Psychotropic Prescription Patterns (REAP)

Takahiro A. Kato¹, Shih-Ku Lin², Naotaka Shinfuku³, Seon-Cheol Park⁴, Sim Kang⁵, Yu-Tao Xiang⁶, Sota Kyuragi⁷, Pornjira Pariwatcharakul⁸, Kok Yoon Chee⁹ (1. Hokkaido University (Japan), 2. Chang Gung Memorial Hospital (Taiwan), 3. Kobe University School of Medicine (Japan), 4. Hanyang University Guri Hospital (Korea), 5. National University of Singapore (Singapore), 6. University of Macau (Macau), 7. Kyushu University (Japan), 8. Mahidol University (Thailand), 9. Kuala Lumpur Hospital (Malaysia))

Keywords : pharmacotherapy、culture、polypharmacy、antidepressants、antipsychotics

'Research on Asian Psychotropic Prescription Patterns (REAP)' is an organization and one of the largest psychiatry consortiums formed by psychiatrists, pharmacologists, epidemiologists and researchers in Asia in 2001 (Founders: Naotaka Shinfuku (Japan) and Tan Chay Hoon (Singapore)). REAP serves as a strong research platform of Asian psychiatrists and scientists to improve understanding of patient care in Asia. REAP consortium has completed four studies on prescription patterns of antipsychotics in schizophrenia, two surveys on antidepressants use in major depression and two studies on prescription pattern analysis of mood stabilizers in affective disorders. The cumulative research has involved more than 600 psychiatrists, over 100 psychiatric facilities and over 13,500 patient's data for analysis. More than 100 research papers have been published in international journals. Just recently, the REAP consortium has completed a study on antidepressant prescription patterns and clinical correlates within psychiatry treatment settings in Asia (REAP-AD3), and we would like to introduce the updated outcomes of REAP-AD3 and our previous REAP studies. Brief summary of our symposium is as follows: (Chairpersons: Takahiro A. Kato (Japan) & Shih-Ku Lin (Taiwan))• Opening Message: Introduction of the REAP History (Naotaka Shinfuku (Japan))• 21st Century Trend analysis of REAP (Sim Kang (Singapore))• Network Analysis of REAP Data (Seon-Cheol Park (South Korea))• Current Trend of Antidepressant Prescription Patterns in Asia: Findings from the REAP-AD3 Study (Sota Kyuragi (Japan))• Closing Message: Future of the REAP (Takahiro A. Kato (Japan)) The REAP Consortium solicit cooperation of psychiatrists and researchers from all countries in Asia to enlarge the scope of the consortium beyond prescription patterns. These include studying treatment settings and practices in different countries, patient presentations in common psychiatric disorders, family and community care and patterns of use of psychotherapeutic approaches. Together, we believe that the REAP contribute to improve a variety of patient cares in Asia Pacific region.

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[SY-95-01] The Research on Asian Psychotropic Prescription Pattern (REAP) - How it originated, what it achieved and where it goes in the future.

*Naotaka Shinfuku¹ (1. Kobe University School of Medicine (Japan))

Keywords : REAP、 Collaborative Research、 Asia、 Psychotropic drug、 Polypharmacy

REAP was initiated in Singapore in 1999. Its origin lay in the curiosity to understand the actual prescribing practices for schizophrenic inpatients across East Asian countries. From Japan's perspective, one of the driving questions was the phenomenon of high-dose antipsychotic prescriptions, which seemed to differ from practices elsewhere. As a coordinator from Japan, I was particularly interested in clarifying these patterns. Over the last two decades, REAP has grown into a long-standing, multinational research collaboration, involving over 60 psychiatric centers across Asian countries. Collected more than 10,000 prescriptions from patients with major psychiatric disorders. Generated over 100 peer-reviewed articles provided valuable insights into prescribing trends and cultural/clinical variations in psychopharmacology. Perhaps the most significant achievement has been the friendship and trust fostered among psychiatrists and pharmacologists across national boundaries. REAP served as a platform for young psychiatrists, stimulating their research spirit and encouraging them to take part in international collaboration. In short, REAP not only advanced knowledge but also built a community of trust and shared purpose in Asian psychiatry. Where it will go in the future: Looking ahead, REAP is expected to continue as a research network of Asian psychiatrists. Its sustainability will depend not only on scientific relevance but also on the friendship and mutual trust that have been its foundation. The younger generation of psychiatrists will play a key role in shaping its direction—deciding how, where, and how long REAP will continue. Thus, the future of REAP lies not only in data collection but also in nurturing collaborative spirit and academic curiosity across Asia.

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Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Shih-Ku Lin (Chang Gung Memorial Hospital)

[SY-95-02] Network Structure of Social Withdrawal Symptoms in Asian Psychiatric Patients at High Risk of *Hikikomori*

*Seon-Cheol Park¹ (1. Department of Psychiatry, Hanyang University College of Medicine (Korea))

Keywords : Hikikomori、 1-month version of the 25-item Hikikomori Questionnaire (HQ-25M)、 network analysis、 Asian

This study aimed to examine the precise network structure of social withdrawal symptoms in Asian psychiatric patients at high risk of *hikikomori* using data from the Research on Asian Psychotropic Prescription Patterns for Antidepressants, Phase 3. High risk of *hikikomori* was defined as a score above 42 on the 1-month version of the 25-item *Hikikomori* Questionnaire (HQ-25M), a scale that measures social withdrawal symptoms. HQ-25M network structures were estimated separately for patients at high and low risk of *hikikomori*. Differences in network structure invariance and global strength invariance between the two networks were evaluated. The data from a total of 2,993 participants were assessed, including 1,939 patients at high risk of *hikikomori* and 1,054 patients at low risk of *hikikomori*. Network analysis revealed that enjoyment of social activities was the most central symptom among patients at high risk of *hikikomori*, whereas having trust issues was most central among those at low risk of *hikikomori*. In addition, while no significant differences in the overall network structures were identified, the global strength invariance differed significantly between networks.

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Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Shih-Ku Lin (Chang Gung Memorial Hospital)

[SY-95-03] Antidepressant Use and Clinical Correlates in Bipolar Disorder: An International Psycho-pharmacoepidemiology Consortium Study

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Keywords : antidepressant, bipolar disorder, pharmacological

Background: Adjunctive anti-depressant (AD) use remains prevalent for the treatment of bipolar disorder (BD) in many countries. In light of less data on adjunctive AD use in BD within Asia, this study aimed to determine the prevalence, dosing and clinical correlates of adjunctive AD use in a large Asian sample.

Methods: Patients with BD treated with pharmacotherapy were recruited across 13 Asian sites in this cross-sectional study. Differences between patients with and without adjunctive AD prescriptions, as well as between mood stabiliser (MS) and AD combination therapy, and MS monotherapy were explored. Multivariate logistic regression was used to determine the factors associated with adjunctive AD use, and MS with AD combination therapy.

Results: A total of 2114 participants (male=47.7%, mean age=42.4±15.2, mean BMI=25.0±5.02) were recruited. The overall prevalence of adjunctive AD use was 19.8%, with a mean imipramine-equivalent AD dose of 113.2±76.1 mg/day. Adjunctive AD use was associated with specific demographic factors (such as older age), outpatient treatment setting, clinical features (more depressive symptoms, suicidality, rapid cycling), illness course (less remission, depression at first onset) and treatment aspects (lower dose of MS and AP used).

Conclusions: Understanding the clinical profile of patients being prescribed with adjunctive AD potentially allows for identification and need for closer follow up for optimization of treatment. Further research including prospective studies, can clarify inter-relationships between the onset of clinical symptoms, progression and clinical predictors of response to pharmacological interventions in BD.

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[SY-95-04] The REAP project: a 26 years old project on pharmaco-epidemiology

*Yu-Tao Xiang¹ (1. University of Macau (China))

Keywords : Psychiatry、Pharmaco-epidemiology、Severe mental illness

Abstract: The Research on Asian Psychotropic Prescription Patterns (REAP) project, originating in 1999 with researchers from six countries and territories, marks a significant milestone in monitoring the utilization of psychotropic medications in clinical settings. Originally named Research on East Asia Psychotropic Prescription (REAP) studies, its expansion to encompass a broader geographical scope led to its updated title. Over the years, REAP has conducted extensive surveys focusing on the utilization of psychotropic medications and associated concerns in patients grappling with schizophrenia or depression. This initiative stands out as the most extensive and enduring international psychiatric research undertaking in Asia. Noteworthy surveys conducted under the REAP umbrella include a 2018 study into the prescription trends of mood stabilizers among psychiatric patients and a subsequent 2019 study on polypharmacy among schizophrenia patients, engaging 350 psychiatrists across 34 countries and territories. A key facet of REAP's impact lies in the training and mentorship it provides to numerous young psychiatrists, graduate students, and healthcare professionals across Asia, fostering a new generation of clinical researchers. The initiative has facilitated the publication of over 100 papers, with a substantial contribution from budding Asian researchers. This presentation promises to delve into the historical evolution and recent endeavors of REAP, shedding light on the research outcomes originating from the presenter's laboratory in Macau, China.

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[SY-95-05] Patterns of Antidepressant Use in Asia: Findings from the REAP-AD3 Survey

*Sota Kyuragi¹, Toshio Matsushima¹, Keitaro Matsuo¹, Tomohiro Nakao¹, Takahiro A Kato² (1. Kyushu University (Japan), 2. Hokkaido University (Japan))

Keywords : Antidepressants、 Pharmacotherapy、 Polypharmacy、 East Asia

Objective:

The Research on East Asian Psychotropic Prescription Pattern (REAP) study is a consortium of psychiatrists, pharmacologists, epidemiologists, and other researchers across Asia. Major depressive disorder affects approximately 280 million people worldwide, and the use of antidepressants continues to rise annually due to their expanding application in treating mental disorders beyond major depression. This study presents findings on current antidepressant prescription patterns in East Asian countries, based on data from the REAP-AD3 survey.

Methods:

The REAP-AD3 survey was conducted between 2022 and 2023 across 11 East Asian countries: China, India, Indonesia, Iran, Japan, South Korea, Malaysia, Pakistan, Singapore, Taiwan, and Thailand. A standardized data collection form was used in each country to gather clinical information, including demographic characteristics, diagnoses, target symptoms, and prescribed medications.

Results:

The dataset included 4,587 patients from five countries. Selective serotonin reuptake inhibitors (SSRIs) and other newer antidepressants were commonly prescribed throughout the region. The most frequently prescribed antidepressant was sertraline (18.1%), followed by escitalopram (17.4%) and fluoxetine (14.2%). Regional differences were observed in both diagnostic patterns and the prescription of concomitant medications, including hypnotics.

Discussion:

Antidepressants are increasingly being used to treat a broader range of psychiatric conditions, including anxiety disorders. Variations in antidepressant selection and dosing may reflect regional differences and physician-specific preferences. Analysis of this extensive real-world dataset contributes to a deeper understanding of regional trends and disparities in antidepressant prescribing practices.

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Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Shih-Ku Lin (Chang Gung Memorial Hospital)

[SY-95-06] Prescription Pattern of Antidepressants in Thailand: A National Survey Result from the REAP-AD3 Study

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Keywords : antidepressant, prescription pattern, psychiatric diagnoses, pharmacoepidemiology

Objectives: To explore the prescription pattern of antidepressants in Thailand and the diagnoses of the users. **Methods:** The Research on East Asia Psychotropic Prescription Patterns for Antidepressants, Phase 3 (REAP-AD3) project is a comprehensive, international, collaborative research consortium exploring the use of antidepressants in 11 Asian countries or regions. Data from Thailand were collected from 25 hospitals during December 2023 to March 2024. Participants were selected based on their use of antidepressant medication during the survey period. The inclusion criteria were: (i) age between 10 and 80 years, and (ii) taking at least one antidepressant. Clinical psychiatrists

collected demographic, clinical, and prescription data at each survey center. Participants were asked to do self-report questionnaires, i.e., the Patient Health Questionnaire-9 (PHQ-9) and the Generalized Anxiety Disorder-7 (GAD-7), to measure their depressive and anxiety symptoms, respectively. All subjects granted informed consent. The study was approved by the Central Research Ethics Committee (study number: CREC071/66BR-SBR5). Results: The study included a total of 604 patients; 65.1% were female and 90.7% were outpatients. The most commonly prescribed antidepressants were selective serotonin reuptake inhibitors (SSRIs) (70.2%), followed by Tricyclic antidepressants (13.9%), serotonin antagonist and reuptake inhibitor (SARI) Trazodone (12.7%), SNRIs (7.9%), and Tetracyclic antidepressant, Mianserin (6.0%). The most common psychiatric disorders were depressive disorders (55%), including major depressive disorder (46.2%) and dysthymic (7.9%), anxiety disorders (26.2%), psychotic disorders (13.7%), substance use disorder (15.2%), bipolar disorder (4.8%), organic mental disorders (3.7%) and ADHD (1.8%). Conclusion: The study offers an extensive analysis of antidepressant prescription and diagnostic distribution in Thailand, highlighting the widespread usage of these medications and the considerable rate of off-label use. These findings highlight the necessity of customizing mental health care to specific contexts and pursuing additional research to assess the clinical implications for diverse prescribing strategies.

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[SY-95-07] Evolving Trends in Antipsychotic Prescription Patterns in Malaysia: Insights from the National Mental Health Registry and REAP Studies

*KOK YOON CHEE¹, ABDUL AZIZ SALINA¹, DEEPA SREENIVASAN¹, YEE TIENG LEE², AIDA MOHD ARIF, CHEE HOONG MOEY³, SELVASINGAM RATNASINGAM⁴, SIONG TECK WONG⁵, SYARIFAH HAFIZAH DATU HJ WAN KASSIM⁶, RUZITA JAMALUDDIN⁸, SITI SALWA RAMLY⁷, MOHD FADZLI MOHAMMAD ISA¹, RAHIMA DAHLAN⁹ (1. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, KUALA LUMPUR HOSPITAL, MALAYSIA (Malaysia), 2. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, HOSPITAL ENCHE' BESAR HAJJAH KHALSOM, JOHOR (Malaysia), 3. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, SELAYANG HOSPITAL, SELANGOR (Malaysia), 4. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, TUNKU AZIZAH HOSPITAL, KUALA LUMPUR (Malaysia), 5. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, SIBU HOSPITAL, SARAWAK (Malaysia), 6. SENTOSA HOSPITAL, SARAWAK (Malaysia), 7. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, SULTAN ABDUL HALIM HOSPITAL, KEDAH (Malaysia), 8. DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH, TUANKU FAUZIAH HOSPITAL, PERLIS (Malaysia), 9. DEPARTMENT OF PSYCHIATRY, UNIVERSITI PUTRA MALAYSIA (Malaysia))

Keywords : ANTIPSYCHOTICS、SCHIZOPHRENIA、PRESCRIBING PATTERN

The landscape of antipsychotic prescription in Malaysia has undergone significant transformation over the past two decades. This presentation examines the trajectory of antipsychotic prescribing practices in Malaysia, beginning with data from the National Mental Health Registry – Schizophrenia Sub-registry (NMHR-SZ), which commenced in 2003, and extending through subsequent iterations of the Research on Asian Psychotropic Prescription Pattern (REAP) studies. Utilizing a retrospective review of registry data and REAP surveys spanning over 20 years, this study highlights the shifts in antipsychotic use among individuals diagnosed with schizophrenia across Malaysian psychiatric services. The initial findings from NMHR-SZ revealed a predominant reliance on first-generation antipsychotics (FGAs), with limited use of second-generation antipsychotics (SGAs) due to cost and availability constraints. However, subsequent REAP studies have demonstrated a gradual but marked shift toward SGAs, particularly risperidone, olanzapine, and later, aripiprazole and long-acting injectable antipsychotics, influenced by guideline revisions, increased access, and improved clinician familiarity.

The evolution of prescription patterns reflects broader changes in mental health policy, international collaboration, training emphasis on adverse effect management, and patient-centered care. The data also reveal persistent challenges, such as polypharmacy practices, underutilization of clozapine in treatment-resistant schizophrenia, and variations in prescribing trends across regions and institutions.

This presentation will explore how longitudinal data from NMHR and REAP have informed local clinical guidelines, influenced formulary decisions, and shaped medical education. It will also address the implications of these prescribing trends for treatment outcomes, resource allocation, and future policy directions.

Ultimately, this review underscores the importance of national and regional prescription monitoring systems in optimizing antipsychotic use and improving quality of care for individuals with schizophrenia in Malaysia and across Asia. Recommendations will be proposed to further enhance rational antipsychotic prescribing in line with evolving evidence and service needs.