

Poster

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Poster 23

[P-23-02] Diagnostic Distribution of Antidepressant Users: Findings from the REAP-AD3 Study

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Background: Antidepressants are a category of psychotropic medications primarily indicated for major depression and anxiety-related disorders. In this study, we report the diagnostic distribution of patients receiving antidepressant treatment from the third survey of "The Research on East Asia Psychotropic Prescription Patterns for Antidepressants (REAP-AD).

Method: A cross-sectional survey of antidepressant prescription patterns was conducted from 2022 to 2023 in 11 countries in Asia, including China, India, Indonesia, Iran, Japan, Korea, Malaysia, Pakistan, Singapore, Taiwan, and Thailand. Demographics, clinical questionnaires, and prescribing medication information were collected through a unified data form using a web-based key-in system with a convenience sampling method.

Results: A total of 4,587 patients were enrolled. The most common diagnosis was Major Depression (F32, F33, 57.7%), followed by Anxiety-Related Disorders (F40, F41, 12.1%), Schizophrenia (F20, 5.5%), Bipolar Disorder (F31, 5.1%), Dysthymic Disorder (F34, 4.1%), Substance Use Disorder (F1x, 2.5%), Obsessive-Compulsive Disorder (F42, 2.4%), Adjustment Disorders (F43, 2.2%), Organic Mental Disorder (F0x, 2.2%), Schizoaffective Disorder (F25, 1.3%), and Others (5.0%). The individual diagnostic rates varied significantly among countries. Selective Serotonin Reuptake Inhibitors are the most commonly used antidepressants overall.

Conclusion: Antidepressants are widely utilized for symptomatic treatment beyond major

depression and anxiety-related disorders. The variation in diagnostic distribution may be attributed to several factors: the diverse training backgrounds of psychiatrists, the availability and cost of medications, patient characteristics, and the local healthcare reimbursement systems in each country. Future research should explore the clinical outcomes of such diverse usage to better inform healthcare practices and policies.