

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)

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

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#### 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.