

## Symposium

📅 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-95-05] Prescription Pattern of Antidepressants in Thailand: A National Survey Result from the REAP-AD3 Study**

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**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.