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## The pharmacological treatment of anxiety and depression- from research to clinical practice

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Depressive and anxiety disorders are common conditions that significantly affect the child emotional and psychosocial development and increase the risk for suicide, substance abuse, and other psychiatric disorders.

Most of the extant treatment studies concerning the treatment of these disorders include psychosocial and/or pharmacological management.

For Major Depressive Disorder (MDD), cognitive behavior therapy (CBT) and Interpersonal Psychotherapy (IPT) and the antidepressants, mainly the Selective Reuptake Inhibitors (SSRIs), have been found beneficial for the acute and the prevention of depressive relapses. There are no maintenance treatment studies for the prevention of recurrences in youth with MDD, but there is consensus that some youth especially those with recurrent and severe illness require years of treatment to avoid recurrences.

For anxiety disorders, existing literature indicates that the use of SSRIs, CBT and in particular the combination of these two treatments are very efficacious for the treatment of these disorders in youth. As in depression, after a youth has responded to treatment they should continue the treatment for at least 6-12 months to avoid relapses or recurrences.

Although the antidepressants are useful for the treatment of these disorders, their use has to be weighed against their potential side effects, particularly the small, but significant association between SSRIs and suicidal behaviors.

At this presentation participants will be acquainted with the existing literature regarding randomized controlled trials for youth with MDD and anxiety disorders. In addition, participants will be knowledgeable about the side effects of SSRIs