

## P01-154

### LAMOTRIGINE IN THERAPY OF PATIENT WITH POSTTRAUMATIC STRESS DISORDER: CASE REPORT

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Patient N-V, with diagnose of PTSD according to DSM-IV-TR, was hospitalized in Vrapce Psychiatric Hospital, Zagreb, during 2008. At admission he reported tension, anxiety, irritability, need for isolation form other people, insomnia and nightmares. He said he was waking up almost every night because of nightmares.

In the beginning of hospital treatment lamotrigine was introduced in therapy, in daily dosage of 25 mg, along with diazepam 10 mg daily and zolpidem 10 mg in the evening. After three days the daily dosage of lamotrigine was elevated to 50 mg. No side effects of treatment were observed and the daily dosage of lamotrigine was elevated to 100 mg after six days and again on 200 mg after ten days of continuous therapy with lamotrigine. The patient reported improvement of sleep - he said he the nightmares were less frequent and he did not wake up as often as before. Also, during second week of treatment he became less tensed. After three weeks of treatment he became even more relaxed and less irritable. Also, he became more active and able to endure conversation. Initial insomnia was reduced, and he was waking up only occasionally during night. The patient was discharged from hospital after six weeks of treatment. Recommended therapy at discharge was lamotrigine in daily dosage of 200 mg, 10 mg of zolpidem in the evening, and diazepam 5 mg in case of tension.

1. Berlin HA. Antiepileptic drugs for the treatment of post-traumatic stress disorder. *Curr Psychiatry Rep.* 2007 Aug;9(4):291-300.