

Effecten en bijwerkingen van 32 orale antipsychotica: een systematisch overzicht en netwerkmeta-analyse

C.A.J. BAAS, S.K. SPOELSTRA, H. KNEGTERING

Stephan Leucht en collega's publiceerden de laatste 15 jaar meerdere overzichten over de werkzaamheid en bijwerkingen van antipsychotica (Leucht e.a. 2013). Wij bespreken een sterk uitgebreid en geactualiseerd overzicht uit 2019 met Maximilian Huhn als eerste auteur. De belangrijkste conclusie is dat de verschillen in bijwerkingen groter zijn dan de verschillen in werkzaamheid (Huhn e.a. 2019).

De auteurs includeerden 402 studies met in totaal 53.463 deelnemers, allen met acute symptomen van schizofrenie of aanverwante stoornissen zoals schizoaffectieve stoornis, bij een gemiddelde ziekteduur van 12 jaar. 32 antipsychotica werden vergeleken op acht dimensies voor effectiviteit (algemeen beeld, positieve, negatieve en depressieve symptomen, levenskwaliteit, sociaal functioneren, stoppen vanwege gebrek aan werkzaamheid en stoppen om alle redenen) en acht dimensies voor bijwerkingen (parkinsonisme, akathisie, gewichtstoename in kg, gewichtstoename meer dan 7%, sedatie, prolactinestijging, otc-verlenging en anticholinerge bijwerkingen). Natuurlijk werden de verschillen in deze 16 uitkomstmaten tussen de 32 antipsychotica niet allemaal in direct vergelijkend onderzoek bepaald. Een netwerkanalyse maakt het mogelijk te schatten hoe middelen die niet direct met elkaar zijn vergeleken zich ten opzichte van elkaar verhouden. Met bayesiaanse statistiek is het mogelijk aan deze verhoudingen een geloofwaardigheid toe te kennen (credibility interval). Zo konden de auteurs voor elke uitkomstmaat een rangorde bepalen: deze gaven zij in 16 tabellen weer. De onderliggende 402 onderzoeken verschilden in methodologie, kwaliteit en gebruikte meet schalen, maar de rangordes in de tabellen bleven onveranderd na allerlei correcties (o.a. voor jaar van publicatie, placeborespons of percentage mannen). Daarom gaan de auteurs ervan uit dat hun resultaten redelijk betrouwbaar zijn.

Enkele opvallende bevindingen: in onderzoek naar oudere antipsychotica bleken er kleinere studies, kleinere placebo-effecten en meer publicatiebias te zijn geweest, waardoor hun werkzaamheid mogelijk werd overschat ten opzichte van nieuwere middelen. Hoge effectiviteit van amisulpride

en clozapine op 'algemene symptoomverandering' en 'positieve symptomen' contrasteerde met het grote risico op otc-verlenging bij amisulpride en de grote kans op gewichtstoename, anticholinerge effecten en sedatie bij clozapine. De hoge effectiviteit van clozapine bleek te berusten op tamelijk kleine onderzoeken en het geloofwaardigheidsinterval voor effect op positieve symptomen overlapte dan ook met dat van veel andere antipsychotica. Het in Nederland weinig bekende zotepine bleek op werking hoog te scoren, maar gaf een opvallend hoog risico op gewichtstoename en sedatie.

Dankzij de overzichtelijke tabellen van voor- en nadelen kan dit artikel helpen om samen met de patiënt een individuaaliserende en weloverwogen keus te maken voor een antipsychoticum.

Tegelijkertijd belichten de auteurs naar ons gevoel een belangrijk probleem onvoldoende. De onderliggende onderzoeken betreffen alle kortetermijneffecten (meestal 6 weken) op acute symptomen tijdens ziektebelopen van gemiddeld 12 jaar, waarbij steeds de patiënten met de

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Strijdige belangen: Baas meldde persoonlijke honoraria van Sunovion.



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RC Schank



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