

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 (algeheel 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

LITERATUUR

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Groepstherapie En Sensitivitairng Een Systematisch Overzicht : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting.

These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered.

The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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