PT665
Prevalence of Sleep Problems and Its Impact on Anxiety, Depression and Quality of Life in Korean Fire Fighters
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Abstract

Background: Professional fire fighter is a strenuous and unique occupation due to the high levels of stress and risk involved as well as the low control nature of the job. Anxiety and depression are prevalent in the professional fire fighters’ population and constitute a dominant area of investigation. Limited attention have been given to impact of sleep problems on the anxiety, depression and quality of life in fire fighters. The aim of this study is to evaluate prevalence of sleep problems and its impact on anxiety, depression and quality of life in Korean fire fighters.

Methods: Using simple sampling method in a cross-section study in Jeonbuk province of Korea, sleep problems, anxiety, depression and quality of life of 1669 professional fire fighters were measured with Patients Health Questionnaire-9 (PHQ-9), Generalized Anxiety Disorder 7 item (GAD-7) and brief version of World Health Organization Quality of Life assessment scale (WHOQoL-Brief). Sleep problem was measured with 3 item of PHQ-9, the definition of sleep problems group was not able to initiate sleep or maintaining sleep. We measured cross-sectional Odds ratios for sleep problems group on depression and anxiety by logistic regression analysis.

Results: The prevalence of sleep problem of Korean fire fighters was 51.2%. Korean fire fighters with sleep problems showed not only more anxiety (p<0.001) and depression(p<0.001) but also lower quality of life (p<0.001). The sleep problems group was more likely to suffer from depression (OR=47.537,95%, CI: 33.669- 64.323) and anxiety (OR=9.822, 95%, CI: 7.529-12.813). The severity of sleep problems in Korean fire fighters was positive correlated with depression and anxiety.

Conclusion: These results show that higher prevalence of sleep problems in Korean fire fighters and Korean fire fighters with sleep problems have more depression and anxiety, and less quality of life than fire fighters without sleep problems. Sleep problems are important risk factor on the depression and anxiety in Korean fire fighters. Early detect of sleep problems of fire fighters will be needed to manage of depression and anxiety.

Key Words: Insomnia, Prevalence, Anxiety, Depression, QoL, Fire fighter.

PT666
Check an efficency About the Suvorexant with Combining Other Sleep Promoting Medicines
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Abstract

Background: Suvorexant was launched on November 26, 2014 in Japan. This is marketed as the world’s first orexin receptor antagonist to treat insomnia. Orexins is synthesized by neurons in hypothalamus, and promote arousal by acting on the orexin receptors in the arousal center.

Suvorexant promotes sleep by blocking orexin neuropeptides binding to their receptors. So far, the effects and the side effects have been reported for patients administrated suvorexant alone. There are no reports of effects and side effects of suvorexant combining to other hypnotics. However, suvorexant is often used combining with other sleep promoting medicines such as benzodiazepines and major tranquilizers in psychiatric hospitals. We investigated 116 combined use cases from medical records in Showa University Karasuyama Hospital, Tokyo, Japan, to check an usefulness and a safety about the suvorexant when combining with other sleep promoting medicines. We also investigated the characteristics of patients with insufficient effect of orexin.

Result: The diagnoses of patients who received a combination of suvorexant and other sleep promoting medicines in our hospital from December 2014 to September 2015 were schizophrenia (13%), mood disorder (21%), addiction include alcoholic (8.6%).

62 subjects (54%) continued to take suvorexant over 3 months. 20 subjects(17%) and 23 subjects (20%) stop taking orexin due to the side effect and the insufficient effect respectively. 40 subjects (35%) had better effect than other medicines.

Conclusion: The result suggested that combined use of suvorexant and other psychotrope medicine were effective and safe for patients with schizophrenia, mood disorder and alcoholic who took benzodiazepines or major tranquilizers.

On the other hand, the suvorexant was ineffective for a part of patients. A further investigation will be needed for the ineffective cases.

The first limitation of this study was that this study investigated the effect and the side effect of suvorexant only by medical records so that we did not notice symptoms without description on the records. The second limitation was that we could not concern about placebo effect.

OTHERS: PT667 – PT746

PT667
Nicotine evokes convulsive seizures by activating α7nACh receptors
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