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Utilidad de la diferenciación de benzodiazepinas en el tratamiento de la ansiedad

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SUMMARY

The increase of psychic distress in the general medical practice and the belief of the physician and patient that psychotherapeutic drugs could solve the psychophysical stress without psychotherapeutic assistance, would explain the increase of the prescription of anxiolytic drugs. Nowadays it is necessary that differences among benzodiazepines and also, among psychotropic drugs in general, were established by means of rating and selfrating scales. In this paper results on 33 out-patients suffering from anxiety are presented. Differences between a new anxiolytic (Clobazam) and a standard drug (Diazepam) were shown. Follow-up was carried out during four weeks of treatment with Hamilton Rating Scale for Anxiety, Taylor Manifest Anxiety Scale and the Wittendorff Psychiatric Scale. The PEN Personality Inventory showed that both groups had similar dimensions of personality. Both drug groups have showed a statistically significant decrease of the scores in all of these scales. Clobazam demonstrated a more anxiolytic than hypnotic effect. Efficacy of action of both drugs on insolated symptoms was possible to be shown by the use of the scales.