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EVALUACION DEL INSOMNIO POR ESCALAS DE AUTOADMINISTRACION

Efectividad de un nuevo hipnótico benzodiazepínico soluble

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SUMMARY

Twenty three patients with insomnia hospitalized by different clinic diseases were treated with a new soluble benzodiazepine hypnotic (Fosazepam) during ten nights in a randomized double blind form compared with Placebo.

The patients of both groups (Placebo-Fosazepam and Fosazepam-Placebo sequences) don't differ from diagnostic, age and scores of Eysenck Personality Inventory and Zung self depression scale. The use of a self-rating sleeping scale is the only clinic method that, up to date, allow to evaluate the insomnia.

Fosazepam was significative different from Placebo on induction, maintenance and duration of sleep and no hang-over and side effects were seen using a single dose of 60 mg of this new benzodiazepine hypnotic.

It is made reference to the clinical evaluation and to the carry over effect of psychotropic agents when they are administered before to placebos.