

Poster presentation

The comparison between prazosin versus clonidine effects on combat related P.T.S.D nightmares

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from International Society on Brain and Behaviour: 2nd International Congress on Brain and Behaviour Thessaloniki, Greece. 17–20 November 2005

Published: 28 February 2006

Annals of General Psychiatry 2006, **5**(Suppl 1):S190 doi:10.1186/1744-859X-5-S1-S190

Background

P.T.S.D is a psychiatric (anxiety) disorder that may develop after a catastrophic stress. One of its symptoms is nightmares that usually is severe and impairs sleep. Some studies show increased activity of adrenergic system in this disorder.

Also, some drugs such as clonidine, guanfacine and prazosin that decrease the activity of this system, decrease symptoms of PTSD, such as nightmares.

At this study we compared the effects of clonidine versus prazosin on nightmares of these patients.

Materials and methods

On a double blinded clinical trial we studied two groups of inpatient PTSD by using clonidine or prazosin in each group for 8 weeks.

Then we rate the frequency, deepness and severity of the nightmares by CAPS.

All of the patients were male, married and chronic form of disorder.

The data were analysed by X², t-paired and t-student.

Results

In both groups the average of nightmares severity reduced, and they were statistically significant ($p < 0.001$), but the difference between two groups were not statistically significant ($p > 0.05$).

Discussion

Prazosin and clonidine may be effective for treatment of nightmares of PTSD patients but there are not significant differences between them.

References

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