

Poster presentation

Effect of cyproheptadine on combat related PTSD 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):S159 doi:10.1186/1744-859X-5-S1-S159

Background

Recent studies have shown the role serotonergic system in post-traumatic stress disorder. Trazodone and Nefazodone (5H₂ antagonist) ameliorated PTSD nightmares but the receptors are mixed. This study promoted an open trial of cyproheptadine for Iran versus Iraq combat related PTSD patients nightmares.

Materials and methods

25 patients studies in 8 week, before after trial of cyproheptadine, the participant were male and chronic PTSD patients with combat related nightmares.

Results

5 patients were excluded from the study because of side effects including dizziness and somnolence. 20 patients completed the study. Average nightmare severity decreased from 6.85 to 5.05 which was statistically significant ($p < 0.01$).

Discussion

Cyproheptadine may be effective in PTSD nightmare treatment.

References

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