

#### **OP36.4**

##### **The role of Memantine in anxiety disorders: an evidence-based review**

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**Introduction/Aim:** Anxiety and related disorders are common in community settings, in primary and secondary medical care. The personal and societal burden associated is considerable. A substantial proportion of patients with obsessive-compulsive disorder (OCD) and generalized anxiety disorder (GAD) do not respond to, or are intolerant, of standard treatments. Additional treatment strategies are therefore necessary. Review the evidence on the efficacy of memantine in the treatment of the anxiety disorders.

**Methods:** A systematic review of articles published in the last ten years, in Portuguese, English, Spanish, was performed in Medline and Índice de Portugueses Databases, using the following MESH terms: memantine, treatment and anxiety disorders. We used the Strength of Recommendation Taxonomy (SORT) scale of American Family Physician to assign levels of evidence and strength of recommendations.

**Results:** A total of 131 papers were identified, and after the application of inclusion criteria, 6 papers remained, including two randomized controlled trials (RCT), one clinical guidelines (CG), two open clinical trials and one systematic review (SR). The CG does not recommend the use of memantine in the treatment of GAD (SOR C). But does recommend the use of memantine as second-line adjunctive therapy OCD and as third-line therapy for pos-traumatic stress (SOR C). The two RCT suggest that an add-on of memantine does improve the symptoms of patients suffering from severe OCD. The SR showed that the use of memantine had some benefit in relieving OCD symptoms. The two other studies showed memantine may be an effective augmentation therapy in patients with anxiety who remain symptomatic despite adequate treatment with conventional antidepressant anxiolytics.

**Conclusion:** The current available evidence suggests the benefit of memantine as an adjunctive therapy for the treatment for OCD (SOR B). Most studies does not show the benefit of use of memantine for the treatment of GAD (SOR C).