



MELATONIN AS A PATHWAY TO DECREASE MORTALITY RATES ASSOCIATED WITH ANTIPSYCHOTIC THERAPY

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Objectives: People in a long term treatment with atypical anti-psychotic drugs have higher mortality risk associated with their metabolic side-effects and represent a big part of our population. Thus, the objective of this study was to review the existing data about the potential of the melatonin use as a way to counterbalance- the metabolic side-effects related with atypical anti-psychotic drug therapy.

Methods: We searched for the topics "melatonin", "metabolic syndrome" and "anti-psychotics" on the PUBMED database and selected those related with this study objective. The information from the selected studies was then gathered, analysed and compared.

Results: The evidence from the three review studies and one double-blind controlled clinical trial, hereby analysed, shows that the use of melatonin combined with atypical anti-psychotic therapy has a considerable potential to increase life-expectancy of people submitted to this treatment.

Conclusions: Melatonin treatment shows great potential in fighting some of the metabolic effects related to the use of atypical antipsychotics. Taking into account its easy implementation, it may play a very important role in reducing morbidity and mortality in patients undergoing this treatment, like those with Schizophrenia. Nevertheless, more studies must be conducted on this field.

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