

portion (60%) of VTA-projecting dlBNST neurons were typeIII. The experiments to classify the dlBNST neurons projecting to the LH and PB are now being conducted.

PS28

The effect of Yokukansan, a traditional herbal medicine, on sleep disturbances in elderly patients with neurotic disorders

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Abstract

Objective: Yokukansan (YKS), a traditional Japanese herbal prescription, was developed as a remedy for restlessness and agitation. YKS prescription has been approved for patients with insomnia. In most of the herbal medicines, the precise mechanisms that exhibit therapeutic effects on sleep disturbances have not sufficiently elucidated. The aim of this study was to investigate whether YKS may alter sleep architectures in patients with elderly neurotic disorders.

Patients and Methods: We included 10 patients with neurotic disorders who admitted to Department of Neuropsychiatry. The diagnosis of psychiatric disorders was made according to ICD-10. Polysomnography (PSG) at baseline was carried out following the adaptation night. Anxiety symptoms, subjective sleep quality and daytime somnolence were also examined with Hamilton Anxiety Scale (HAM-A), Pittsburgh Sleep Quality Index (PSQI) and Epworth Sleepiness Scale (ESS), respectively. After being treated with YKS for 4 weeks, examinations were carried out again. Data obtained after treatment were compared to those obtained at baseline. The local institutional review boards approved this study. All patients gave written consent according to institutional guidelines and the tenets of the Declaration of Helsinki.

Results: Participants were 10 patients (4 males and 6 females; mean age 75.3 y.o.) with neurotic disorders (5 cases with somatoform disorders [F45]; 4 cases with other anxiety disorders [F41]; 1 case with reaction to severe stress [F43]). Treatment with YKS resulted in a decreased HAM-A score, a prolonged total sleep time, a shortened sleep latency, an increased sleep efficiency, and a decreased periodic limb movement during sleep. YKS also improved subjective evaluations with PSQI and ESS.

Conclusions: YKS may improve subjective and objective sleep quality as well as anxiety symptoms, and were well tolerated.

PS29

Genetic of Antidepressant Response in Obsessive-Compulsive Disorder and Body Dysmorphic Disorder

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Abstract

Background: Antidepressant medications are first-line pharmacological treatment for obsessive-compulsive and related

disorders. However, approximately 50% of patients show poor/minimal response to these medications.

Objective: We aimed to investigate the genetics of antidepressant response in obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD) patients.

Methods: We investigated 32 SNPs across 14 genes and their regulatory regions with antidepressant response using a custom-made 32-SNP QuantStudio Flex Real-Time PCR System Chip in 222 OCD individuals. Individuals were grouped into responders and non-responders using the Clinical Global Impression – Improvement (CGI-I) scale. Pearson χ^2 test was performed to detect differences in the number of responders versus non-responders across genotype groups. For the BDD sample, we genotyped 10 SNPs across nine genes in 35 BDD individuals and response was determined using CGI-I.

Results: For OCD, interesting associations ($P<0.05$) were detected for the serotonin genes, HTR2A and HTR1B in antidepressant response. For BDD, we did not detect any significant associations in any of the tested SNPs.

Conclusions: The serotonergic system genes may be clinically useful in predicting treatment resistance versus response in patients with OCD. Future study with larger sample size is required to replicate these findings.

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PS30

Gender difference in stress responses as examined by TSPO (Translocator Protein 18kDa), cortisol and STAI (State-Trait Anxiety Inventory) in normal human subjects

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Abstract

It has been shown that TSPO (Translocator Protein 18kDa, formerly known as the peripheral-type benzodiazepine receptor), which is involved in the production of steroid hormones, is increased under acute stress and decreased under chronic stressful condition. In our previous studies, expression of TSPO on platelets was significantly correlated with trait anxiety rather than state anxiety in normal human subjects, possibly reflecting an individual's sensitivity to stress. Males were more sensitive than females in these stress responses. It remains to be seen, however, how platelet TSPO densities, anxiety scores and stress hormones, such as cortisol, are correlated each other. In the present study, we examined these relationships in normal human subjects (88 males, 74 females, age 20–80), focusing on gender difference. In normal subjects, plasma cortisol levels were significantly ($p<0.05$) correlated with state anxiety scores in males, and similarly correlated in females, whereas they were not correlated with trait anxiety scores (as examined by STAI). In contrast, platelet TSPO showed a tendency of