



Conflicts of interest

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I have no conflicts of interest

How little drugs do we need?

Antidepressants

Doubtful whether they work

They make half the patients dependent

Many therefore take them for life

They disturb the sex lives in half the patients

They increase suicides (at the very least in young people)

They increase total deaths (for every 28 elderly people treated for 1 year with an SSRI, there was one additional death)

Stop using antidepressants

Gøtzsche PC. Deadly psychiatry and organised denial. Copenhagen: People's Press; 2015.

How little drugs do we need?

Antipsychotics

Doubtful whether they work:

- doubtful effect in mainly first-episode psychosis (CD006374)
- newer submissions to FDA, PANSS 6, minimal improvement is 15

They double mortality in demented people (meta-analysis of RCTs)

They worsen long-term outcomes

Use antipsychotics very sparingly, e.g. 8% of current use, or less

Gøtzsche PC. Deadly psychiatry and organised denial. Copenhagen: People's Press; 2015.

How little drugs do we need? Benzodiazapines and similar drugs

Work only short-term

Terrible abstinence symptoms, strong dependency

Worsen long-term outcomes

Lead to falls and deaths

Excess death rate about 1% per year in people aged 55, on average

Use these drugs very sparingly, e.g. 5% of current use, or less

Gøtzsche PC. Deadly psychiatry and organised denial. Copenhagen: People's Press; 2015.

How little drugs do we need?

ADHD drugs

Work only short-term, and not impressively

Worsen long-term outcomes

Chronic brain damage

They are narcotics on prescription

Stop using ADHD drugs

Modify children's environment, not their brains

Gøtzsche PC. Deadly psychiatry and organised denial. Copenhagen: People's Press; 2015.

How little drugs do we need?

”Mood stabilisers”

Anti-epileptic drugs

Pretty horrible drugs, knock people down

Benefit doubtful

Increase suicides

Widespread corruption and cheating with the trial evidence

Don't use them

How little drugs do we need?

Anti-dementia drugs

Don't work

Cause a lot of harm

Don't use them

Violence reported to the FDA

Adverse drug events submitted to the FDA between 2004 and 2009

1937 cases of violence

387 of which were homicide.

The violence was particularly often reported for psychotropic drugs

- antidepressants
- sedatives/hypnotics
- ADHD drugs
- a smoking cessation drug that also affects brain functions.

Moore et al, PLoS One 2010; 5: e15337.

Drug deaths in Denmark in 2013 in people aged 65+ years

	Deaths
Antipsychotics	141
Benzodiazepines and similar	721
Antidepressants	2831
Total, all three classes of drugs	3693

More than half a million deaths in USA and Europe every year

Psychiatric drugs cause more harm than good

International meeting in Copenhagen 16 Sept 2015

See www.deadlymedicines.dk



