

Efek terapi kombinasi akupunktur dengan antidepresan terhadap perubahan skor hamilton rating scale for depression 17 (HAM-D 17) pada gangguan depresi mayor = The therapeutic effect of acupuncture combined with antidepressants to changes hamilton rating scale for depression 17 (HAM-D17) in major depressive disorder / Asniyati Almi

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Abstrak

[ABSTRAK

Gangguan depresi mayor merupakan suatu gangguan kejiwaan ditandai dengan kemurungan, ketiadaan gairah hidup, perasaan tidak berguna dan putus asa dan mengalami minimal empat dari gejala berikut yaitu perubahan berat badan dan nafsu makan, perubahan tidur dan aktivitas, tidak ada energi, rasa bersalah, masalah dalam berfikir dan membuat keputusan, berfikir berulang tentang kematian dan bunuh diri tanpa riwayat episode manik, campuran atau hipomanik, sekurang-kurangnya telah dirasakan selama 2 minggu. Survei kesehatan mental dunia pada 17 negara menemukan sekitar 1 dari 20 orang dilaporkan menderita episode depresi setiap tahunnya, paling sering terjadi adalah gangguan depresi mayor. Pengobatan dengan farmakoterapi golongan antidepresan hanya menunjukkan efektifitas 60-70% disertai efek samping yang serius sehingga berbagai modalitas terapi dikembangkan, salah satunya akupunktur. Penelitian ini bertujuan untuk mengetahui efektivitas terapi kombinasi akupunktur dengan antidepresan dibandingkan kombinasi akupunktur sham dengan antidepresan terhadap perubahan skor Hamilton Rating Scale for Depression (HAM-D 17) pada penderita gangguan depresi mayor. Uji klinis acak tersamar tunggal dilakukan pada 48 pasien gangguan depresi mayor dialokasikan ke dalam kelompok kombinasi akupunktur dengan antidepresan dan kelompok kombinasi akupunktur sham dengan antidepresan. Penilaian kemajuan terapi digunakan skor HAM-D 17. Hasil penelitian menunjukkan rerata skor HAM-D 17 pada kelompok kasus sebelum terapi $22,2 \pm 3,38$ dan setelah terapi ke-12 turun menjadi $7,3 \pm 2,64$. Sedangkan pada kelompok kontrol rerata skor HAM-D 17 sebelum terapi $21,4 \pm 3,10$ dan setelah terapi ke-12 turun menjadi $9,3 \pm 3,33$. Terdapat perbedaan bermakna antara selisih rerata penurunan skor HAM-D 17 sebelum dan setelah 12 kali terapi pada kelompok kasus $14,9 \pm 2,45$ dibandingkan dengan kelompok kontrol $12,2 \pm 4,30$ ($p < 0,005$). Terapi kombinasi akupunktur dengan antidepresan lebih efektif mengurangi gejala gangguan depresi mayor dibandingkan kombinasi akupunktur sham dengan antidepresan.

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ABSTRACT

Major depressive disorder is a psychiatric disorder that is characterized at least

four of the following symptoms, loss of weight and appetite, sleep disturbance and loss of interest of activity, low energy level, guilt, difficulty concentrating and making decisions, recurrent death or suicide, without a history of manic episodes, mixed or hypomanic. These signs and symptoms have been felt at least for 2 weeks. The mental health survey conducted in 17 countries found that about 1 in 20 people are reported to suffer from a depressive episode each year and most are major depressive disorder. The effectiveness of antidepressant medication only 60-70% with serious side effects, so that various therapeutic modalities developed, one of which is acupuncture. This study aims to determine the effectiveness of combination therapy of acupuncture with antidepressants compared to combination of sham acupuncture with antidepressants in patients with major depressive disorder and the outcome was the score Hamilton Rating Scale for Depression (HAM-D 17). Single-blind randomized clinical trial conducted in 48 patients with major depressive disorder and the patients were allocated into two groups, intervention (acupuncture with antidepressants) and control (sham acupuncture with antidepressant). The mean of HAM-D 17 score in the intervention group before treatment was $22,2 \pm 3,38$ and after treatment was $7,3 \pm 2,64$. The mean of HAM-D 17 score in control group before treatment was $21,4 \pm 3,10$ and after treatment was $9,3 \pm 3,33$. There was significant differences between intervention and control group before and after 12 times of therapy in the mean decrease of score on HAM-D 17 $14,9 \pm 2,45$ to $12,2 \pm 4,30$ ($p < 0,005$). A combination of acupuncture therapy with antidepressants is more effective in reducing the symptoms of major depressive disorder compared to sham acupuncture combination with antidepressants, Major depressive disorder is a psychiatric disorder that is characterized at least

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