The efficacy of Blonanserin in the treatment of Schizophrenia for 3 Years: A Retrospective Study

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Introduction: In the treatment of schizophrenia, relapse prevention is the most critical issue in functional recovery. Many researches and studies have found that maintaining antipsychotics is significantly crucial to prevent from schizophrenia relapse. Approximately 70% of schizophrenia patients have problems in drug adherence, which is recognized as a prediction factor of relapse and malfunctioning. Factors that may have a bad influence on adherence are side effects from drugs such as a lack of the patient’s insight, an extrapyramidal symptom, or hyperprolactinemia, and metabolic syndromes with a remarkable gain of weights when using atypical antipsychotics. Blonanserin is atypical antipsychotics and has a distinctive feature that brings antagonism to dopamine and serotonin receptor while less increasing serum prolactin less than other drugs. Furthermore, it has exceptional results in side effects such as the gain of weights and cholesterol, drowsiness compared to other atypical antipsychotics as detected from simple receptor features.

Objective: In this study, we want to see the long-term efficacy of blonanserin in the treatment of patients with schizophrenia.

Methods: Changes in psychiatric symptoms and serum prolactin, TC, LDL, HDL, TG, glucose have been screened for schizophrenia patients who were hospitalized and have been visiting outpatient department until the present by using Blonanserin.

Results: Out of total 295 schizophrenia patients, the result was compared to 38 patients who are using Blonanserin as outpatients. 76.3% were male, 63.2% out of total were FEP, and the ratio of relapse of them was 39.5%. Also, as of 3 years passed, there were no statistic differences in Prolactin, LDL, HDL, and Glucose.

Conclusions: Blonanserin is effective in improvement in symptoms, enhancement in functioning and relapse prevention. As a result of 3 years of tracking, it is discovered that Blonanserin is highly effective in boosting drug adherence in long-term treatment.