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No.: S-082 - Symposium

Session title: Novel NMDA modulators for depression, OCD, and dementia: Treatment and imaging

002 NMDA modulators as novel pharmacotherapies for obsessive compulsive disorder

Po-Lun Wu Author

Objective
Obsessive compulsive disorder (OCD) is a chronic and debilitating disorder. 30% to 40% of OCD patients received little or no benefit from currently available pharmacotherapy or exposure-based behavior psychotherapy. Growing clinical and preclinical evidence appears to support the abnormalities of glutamatergic neurotransmission, including N-methyl-D-aspartate (NMDA) subtype receptor function, in the pathophysiology and treatment of OCD. Sarcosine is an endogenous antagonist of glycine transporter-1. By blocking glycine uptake, sarcosine may increase the availability of synaptic glycine and enhance NMDA neurotransmission. We examined the potential benefit of sarcosine treatment in OCD.
Method
1.One schizophrenic patient with treatment-refractory OCD had received 12 week's adjunctive sarcosine treatment.
2.Twenty-six outpatients with OCD and baseline Yale-Brown Obsessive Compulsive Scale (YBOCS) scores higher than 16 were enrolled in a 10-week open label trial with sarcosine. Drug-naive subjects and those who had discontinued serotonin reuptake inhibitors for at least 8 weeks at study entry received sarcosine monotherapy. The other subjects received sarcosine as adjunctive treatment. A flexible dosage schedule of sarcosine 500 to 2000 mg/d was applied.

Results
1.The clozapine-treated schizophrenic patient had significant improvement in his OCD with adjunctive sarcosine.
2.Data of 25 subjects were eligible for analysis. The mean (SD) Y-BOCS scores decreased from 27.6(5.8) to 22.7(8.7). Eight (32%) subjects were regarded as responders with greater than 35% reduction of Y-BOCS scores. Five of the responders achieved the good response early by week 4. Although not statistically significant, drug-naive subjects had more profound and sustained improvement and more responders than the subjects who had received treatment before.
Conclusion
The studies support the glycine transporter-1 as a novel target for developing new OCD treatment. Large-series

placebo-controlled, double-blind studies are recommended.

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