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利培酮联合小剂量阿立哌唑对精神分裂症患者血清神经递质、糖脂代谢及 BMI 的影响*

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摘要 目的:探讨利培酮联合小剂量阿立哌唑治疗对精神分裂症患者血清神经递质、糖脂代谢及体质量指数(BMI)的影响。**方法:**选取 2016 年 1 月~2018 年 10 月期间我院收治的 80 例精神分裂症患者,根据随机数字表法将患者分为对照组($n=40$)和研究组($n=40$),对照组予以利培酮治疗,研究组在对照组基础上联合小剂量阿立哌唑治疗,比较两组患者疗效、阳性和阴性症状评定量表(PANSS)评分、血清神经递质[多巴胺、去甲肾上腺素(NE)、5-羟吲哚乙酸(5-HIAA)]和糖脂代谢[血糖(FPG)、总胆固醇(TC)、三酰甘油(TG)],记录两组治疗期间不良反应情况。**结果:**研究组治疗 4 周后临床总有效率为 97.50%(39/40),高于对照组的 82.50%(33/40)($P<0.05$)。两组治疗 4 周后 PANSS 中的阴性症状评分、阳性症状评分、一般病理评分、总分、FPG、TC、TG 及血清多巴胺水平均较治疗前下降,且研究组低于对照组($P<0.05$)。两组患者治疗 4 周后血清 NE、5-HIAA 水平均升高,且研究组高于对照组($P<0.05$)。两组患者治疗 4 周后 BMI 均略有增加,但差异无统计学意义(均 $P>0.05$)。研究组、对照组不良反应总发生率分别为 15.00%(6/40)、12.50%(5/40),二者比较无差异($P>0.05$)。**结论:**利培酮联合小剂量阿立哌唑治疗精神分裂症患者可提高其临床疗效,可有效改善血清神经递质水平,对机体糖脂代谢和 BMI 影响轻微,且用药安全性较好。

关键词:利培酮;小剂量;阿立哌唑;精神分裂症;神经递质;糖脂代谢;体质量指数

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Effects of Risperidone Combined with Low Dose Aripiprazole on Serum Neurotransmitter, Glycolipid Metabolism and BMI in Patients with Schizophrenia*

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ABSTRACT Objective: To investigate the effect of risperidone combined with low dose aripiprazole on serum neurotransmitter, glycolipid metabolism and (body mass index, BMI) in patients with schizophrenia. **Methods:** 80 schizophrenics who were admitted to our hospital from January 2016 to October 2018 were selected, they were divided into control group ($n=40$) and study group ($n=40$) according to the random number table method. The control group was treated with risperidone. The study group was treated with low-dose aripiprazole on the basis of the control group, and the efficacy, sexual and negative symptom scale (PANSS) scores, serum neurotransmitters [dopamine, noradrenaline (NE), 5-hydroxyindoleacetic acid (5-HIAA)] and glycolipid metabolism [blood glucose (FPG), total cholesterol (TC), triacylglycerol (TG)] of the two groups were compared, adverse reactions during treatment were recorded. **Results:** The total effective rate in the study group at 4 weeks after treatment was 97.50% (39/40), which was higher than 82.50% (33/40) in the control group ($P<0.05$). The negative symptom score, positive symptom score, general pathological score, total score, FPG, TC, TG and serum dopamine levels of PANSS in the two groups at 4 weeks after treatment all decreased compared with those before treatment, and those in the study group were lower than those in the control group ($P<0.05$). 4 weeks after treatment, serum NE and 5-HIAA levels increased in both groups, and those in the study group were higher than those in the control group ($P<0.05$). BMI increased slightly in both groups at 4 weeks after treatment, but the difference was not statistically significant (all $P>0.05$). The total incidence of adverse reactions in the study group and control group were 15.00% (6/40) and 12.50% (5/40), respectively, with no difference ($P>0.05$). **Conclusion:** Risperidone combined with low-dose aripiprazole is effective in the treatment of schizophrenia. It can effectively improve serum neurotransmitters, slightly affect the glycolipid metabolism and BMI, and it has a good safety.

Key words: Risperidone; Low dose; Aripiprazole; Schizophrenia; Neurotransmitter; Glycolipid metabolism; Body mass index

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前言

精神分裂症是一组病因尚未完全阐明的重性精神病,多发于青壮年,临床主要表现为情感、感知觉、行为、思维等多方面的障碍,病情严重者可逐渐丧失社会功能,给家庭及其社会带来沉重负担^[1-3]。利培酮是目前应用最为广泛的精神分裂症药物之一,其疗效被普遍认可。由于精神分裂症极易反复发作,致使利培酮需长期大量用药^[4,5],而部分患者也因用药后易导致糖脂代谢紊乱,降低其依从性,最终不得不换药或停药,治疗方案有待进一步优化。阿立哌唑是一种较新的第2代抗精神病药物,主要被用于精神分裂症的急性期、巩固期和维持期的治疗^[6,7],但此种药物大剂量使用时会引起催乳素升高,继而引起较多的不良反应,故临床多选用小剂量进行治疗^[8]。鉴于此,本研究通过探讨利培酮联合小剂量阿立哌唑对精神分裂症患者血清神经递质和糖脂代谢的影响,以期临床治疗提供参考。

1 资料与方法

1.1 一般资料

选取2016年1月~2018年10月我院收治的80例精神分裂症患者,本研究已获得我院伦理学委员会批准进行。纳入标准:(1)诊断标准参考《中国精神障碍分类与诊断标准第3版》^[9];(2)患者家属知情本次研究且已签署同意书;(3)对本次研究使用药物无禁忌症者;(4)入院前2周末服用任何抗精神病药物、血脂及血糖调节药物;(5)阳性和阴性症状评定量表(Positive and Negative Syndrome Scale, PANSS)评分>60分。排除标准:(1)孕期及哺乳期妇女;(2)合并其他精神疾病患者;(3)合并心电图明显异常者;(4)治疗依从性差及失访者;(5)合并全身严重感染及恶性肿瘤者;(6)合并其他严重性躯体性疾病。根据随机数字表法将患者分为对照组(n=40)和研究组(n=40),其中对照组男17例,女23例,年龄22~60岁,平均(34.61±4.29)岁;病程1个月~30年,平均(9.93±4.87)年;体质量指数(Body mass index, BMI)20.3~26.8 kg/m²,平均(22.97±0.86)kg/m²。研究组男23例,女17例,年龄15~54岁,平均(35.09±5.26)岁;病程1个月~30年,平均(10.11±3.82)年;BMI 20.9~27.2 kg/m²,平均(23.06±1.13)kg/m²。两组一般资料比较无差异(P>0.05)。

1.2 方法

两组患者入院后均给予指导患者适量运动、向患者及其家属讲解该病的相关知识,并指导患者家属正确的引导对策。在此基础上,对照组患者给予利培酮(国药准字H20041808,齐鲁制药有限公司,规格:1 mg)治疗,口服,4~6 mg/d。研究组在对照组的基础上联合阿立哌唑口崩片(国药准字H20060521,成都康弘药业集团股份有限公司,规格:5 mg)治疗,口服,5 mg/d。两组均治疗4周。

1.3 观察指标

(1)记录两组临床疗效^[10]。无效: PANSS 减分率<30%;有效: PANSS 减分率30%~49%;显效: PANSS 减分率50%~74%;痊愈: PANSS 减分率>75%;总有效率=痊愈率+显效率+有效率。PANSS 减分率=(治疗前评分-治疗后评分)/治疗前评分×100%。(2)于治疗前、治疗4周后采用 PANSS^[10]评价患者精神症状, PANSS 包括阴性症状(10个条目)、阳性症状(8个条目)以及一般病理(12个条目),每个条目采用1~7级评分法,分数越高,症状越严重。(3)记录两组治疗期间不良反应情况。(4)于治疗前、治疗4周后抽取所有患者清晨空腹静脉血4 mL, 3300 r/min 离心12 min,离心半径15 cm,分离血清,并置于冰箱(-50℃)中待测。参考试剂盒(南京建成生物科技有限公司)说明书,严格遵守操作,采用双抗体夹心酶联免疫吸附法检测多巴胺、去甲肾上腺素(Noradrenaline, NE)、5-羟吲哚乙酸(5-hydroxyindoleacetic acid, 5-HIAA)水平。采用罗氏 Modular 全自动生化分析仪检测空腹血糖(Fasting plasma glucose, FPG)、总胆固醇(Total cholesterol, TC)、三酰甘油(Triacylglycerol, TG)水平。(5)记录两组患者治疗前、治疗4周后的 BMI 值。

1.4 统计学方法

所有研究数据录入 SPSS25.0 软件处理,计数资料以率(%)表示,采用 χ^2 检验,计量资料用($\bar{x} \pm s$)表示,采用t检验,检验标准设置为 $\alpha=0.05$ 。

2 结果

2.1 临床疗效比较

研究组治疗4周后临床总有效率97.50%(39/40),高于对照组82.50%(33/40)(P<0.05);详见表1。

表1 临床疗效比较[例(%)]

Table 1 Comparison of clinical effects [n(%)]

Groups	Recovery	Markedly effective	Effective	Invalid	Total effective
Control group(n=40)	8(20.00)	14(35.00)	11(27.50)	7(17.50)	33(82.50)
Study group(n=40)	12(30.00)	17(42.50)	10(25.00)	1(2.50)	39(97.50)
χ^2					4.105
P					0.043

2.2 两组患者 PANSS 量表评分比较

两组治疗前 PANSS 量表中的阴性症状、阳性症状、一般病理、总分比较无统计学差异(P>0.05);两组治疗4周后 PANSS 量表中的阴性症状、阳性症状、一般病理、总分均下降,且研究组低于对照组(P<0.05);详见表2。

2.3 两组血清神经递质比较

两组治疗前多巴胺、NE、5-HIAA 比较无统计学差异(P>0.05);两组治疗4周后 NE、5-HIAA 均升高,且研究组高于对照组(P<0.05);多巴胺降低,且研究组低于对照组(P<0.05);详见表3。

2.4 两组糖脂代谢指标及 BMI 的比较

两组患者治疗前 FPG、TC、TG、BMI 比较无统计学差异

($P>0.05$); 对照组治疗 4 周后 FPG、TC、TG 均升高($P<0.05$); 差异($P>0.05$); 研究组治疗 4 周后 FPG、TC、TG 低于对照组
对照组治疗前治疗 4 周后 BMI 比较无统计学差异($P>0.05$); ($P<0.05$); 详见表 4。
研究组治疗 4 周后 FPG、TC、TG、BMI 与治疗前比较无统计学

表 2 两组患者 PANSS 量表评分比较($\bar{x} \pm s$, 分)Table 2 Comparison of PANSS scores between the two groups($\bar{x} \pm s$, scores)

Groups	Negative symptom		Positive symptom		General pathological		Total score	
	Before	4 weeks after	Before	4 weeks after	Before	4 weeks after	Before	4 weeks after
	treatment	treatment	treatment	treatment	treatment	treatment	treatment	treatment
Control group (n=40)	23.62± 3.91	18.53± 3.16*	21.34± 3.39	17.47± 3.25*	39.86± 3.65	29.80± 3.67*	84.84± 5.42	65.80± 6.33*
Study group (n=40)	24.29± 3.87	13.21± 2.82*	21.17± 3.26	13.93± 3.04*	38.67± 4.49	20.34± 3.19*	84.13± 6.38	47.48± 5.47*
t	0.780	8.043	0.231	5.094	1.317	12.457	0.543	14.022
P	0.438	0.000	0.818	0.000	0.192	0.000	0.589	0.000

Note: compared with before treatment, * $P<0.05$.

表 3 两组血清神经递质比较($\bar{x} \pm s$)Table 3 Comparison of serum neurotransmitters between the two groups($\bar{x} \pm s$)

Groups	Dopamine(ng/L)		NE(ng/L)		5-HIAA(ng/L)	
	Before treatment	4 weeks after treatment	Before treatment	4 weeks after treatment	Before treatment	4 weeks after treatment
Control group(n=40)	54.71± 4.75	46.88± 6.57*	29.23± 3.07	36.97± 4.46*	1325.84± 217.38	1937.25± 197.80*
Study group(n=40)	53.93± 5.24	39.25± 7.98*	28.17± 4.14	45.28± 5.32*	1309.73± 197.42	2435.23± 214.52*
t	0.705	10.962	1.317	7.665	0.351	10.928
P	0.481	0.000	0.912	0.000	0.726	0.000

Note: compared with before treatment, * $P<0.05$.

表 4 两组糖脂代谢指标及 BMI 的比较($\bar{x} \pm s$)Table 4 Comparison of glycolipid metabolism indexes and BMI between the two groups($\bar{x} \pm s$)

Groups	FPG(mmol/L)		TC(mmol/L)		TG(mmol/L)		BMI(kg/m ²)	
	Before	4 weeks after	Before	4 weeks after	Before	4 weeks after	Before	4 weeks after
	treatment	treatment	treatment	treatment	treatment	treatment	treatment	treatment
Control group (n=40)	4.85± 0.29	6.13± 0.56*	4.92± 0.53	6.54± 0.46*	1.17± 0.27	2.41± 0.29*	22.97± 0.86	23.29± 1.24
Study group (n=40)	4.79± 0.35	4.92± 0.41	4.83± 0.48	5.05± 0.52	1.21± 0.31	1.31± 0.26	23.06± 1.13	23.33± 1.05
t	0.845	11.163	0.806	13.742	0.623	12.542	0.401	0.156
P	0.400	0.000	0.423	0.000	0.535	0.000	0.690	0.887

Note: compared with before treatment, * $P<0.05$.

2.5 两组安全性比较

治疗期间, 对照组出现了 2 例便秘、1 例口干、1 例嗜睡、1 例视物模糊, 不良反应总发生率为 12.50%(5/40); 研究组出现了 1 例口干、1 例便秘、2 例嗜睡、2 例视物模糊, 不良反应总发生率为 15.00%(6/40); 两组不良反应总发生率比较无差异($\chi^2=0.105$, $P=0.745$)。

3 讨论

精神分裂症的病因至今未明, 其中以多巴胺亢进假说最受

认可, 也是抗精神病药物研发的重要理论依据^[11,12]。阿立哌唑、利培酮都属于非典型抗精神病药物, 据 2006 年全国第二次精神药物处方方式调查, 利培酮的使用率居于首位, 其有效性得到普遍认可^[13]。利培酮由于其上市较早, 精神科医生对其用药掌握度佳, 故常作为治疗精神分裂症的首选用药^[14,15]。然而既往研究结果显示^[16], 首次发作的精神分裂症患者, 停药后 5 年内其复发率超过 80%, 可见精神分裂症是需要大量、长期用药的疾病, 但持续的抗精神病药物治疗又会带来较多严重的不良反应。有研究表明^[17], 精神分裂症患者伴发代谢综合征是引起心

脑血管疾病的发生的独立危险因素。张保华等人^[18]的研究显示精神分裂症患者服药全程均可能发生糖尿病。因此,临床上迫切需要可以预防或扭转抗精神病药物对机体糖脂代谢紊乱所致的体重增加的药物。阿立哌唑是一种喹诺酮衍生物,具有5-HIAA和多巴胺2受体双重部分激动作用^[19]。由于阿立哌唑药理机制独特,其与利培酮联合治疗的方式已得到了不少学者的支持^[20,21],因而本研究就此展开分析,拟明确二者联用治疗对精神分裂症的治疗效果。

本次研究结果中,研究组治疗4周后临床总有效率以及PANSS评分改善均优于对照组,可见利培酮联合小剂量阿立哌唑治疗精神分裂症患者,可进一步提高治疗效果。分析其原因,利培酮的主要作用机制在于竞争性拮抗脑内多巴胺神经递质,减少其与突出后受体的结合,进而发挥抗精神分裂症的效果^[22,23]。而与大多数非典型抗精神病药物的作用机制不同,小剂量阿立哌唑在多巴胺低浓度区则具有功能性激动作用从而改善阴性症状,而在多巴胺高浓度区具有功能性拮抗作用,进而改善精神分裂症阳性症状^[24,25],正是由于阿立哌唑的独特药理机制,使其与利培酮发生互补作用,从而增强了精神分裂症状的改善效果^[26]。本研究组对照组患者血糖和血脂均升高,说明经利培酮单药治疗后患者出现了糖脂代谢紊乱,而研究组糖脂代谢未见明显变化,两组BMI均增加但前后无差异,表明利培酮联合小剂量阿立哌唑治疗可较好的维持机体正常代谢,这可能是因为阿立哌唑属于受体稳定剂,对患者治疗的依从性要求较低,进而可减轻低机体糖脂代谢的影响,而BMI未见明显变化,这可能是因为本研究用药时间尚短,且样本量偏小所致。既往研究结果显示^[27],精神分裂症症状与多巴胺等多种神经递质表达失衡有关。本研究中两组治疗4周后血清多巴胺、NE、5-HIAA均有所改善,且研究组改善情况优于对照组,可有效改善血清神经递质水平,阿立哌唑对NE、5-HIAA等受体均有较好的亲和力,可抑制突触前膜对上述指标的再摄取^[28,29]。既往研究结果证实^[30],阿立哌唑具有稳定多巴胺水平的能力,同时具有拮抗剂和激动剂的作用,因此多巴胺水平过高时,发挥拮抗剂作用使其水平降低。另两组不良反应总发生率比较无差异,可见在利培酮基础上联合小剂量阿立哌唑治疗安全性较好。

综上所述,利培酮联合小剂量阿立哌唑治疗精神分裂症患者,疗效确切,可有效改善血清神经递质,对BMI和机体糖脂代谢影响轻微,且用药安全性较好。

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