

S14-1 **For better safety and tolerability: Essential key to evidence-based pharmacotherapy**

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Although the existence of psychiatric diseases has been known for a long time, we could control these conditions only after psychotropic drugs were introduced. Since then, good tolerability and patient adherence as well as efficacy have been focused in pharmacotherapy, and prevention of recurrence, remission, and QOL have been included in treatment outcome measures. Because of lack of objective indexes in diagnosis of psychiatric conditions and complexity of treatment goals and regimens, we often tend to rely too much on empirical knowledge in clinical practices. However, recently the importance of evidence-based pharmacotherapy has gradually recognized in Japan and we have come to refer to data from large-scale clinical studies. Utilizing both of these study data and clinical experience in clinical determinations is the path we should follow. Nevertheless, several reasons make these evidence-based practices difficult. For example, there remain wide disparities among regions and hospitals, with various problems such as poor healthcare environment and physician-patient relationship. In this presentation I will discuss what is needed in promoting rational, evidence-based psychiatric care, as well as showing historical considerations of pharmacotherapy in Japan and examples of pharmacotherapeutic evidence.