

No.	日 時	会 議 名	場 所
11	8月23日(木) 18:00～	平成24年度厚生労働科研島根大学 堀口班 研究打ち合わせ	豊岡台病院 (四国中央市)
12	9月13日(木) 10:00～	平成24年度厚生労働科研島根大学 堀口班 研究打ち合わせ	愛媛大学大学院医学系研究科 脳とこころの医学 (松山市)
13	9月15日(土) 16:00～	平成24年度厚生労働科研島根大学 堀口班 研究打ち合わせ	コラッセふくしま (福島市)
14	9月17日(月) 12:00～	平成24年度厚生労働科研島根大学 堀口班 研究打ち合わせ	松山全日空ホテル (松山市)
15	10月5日(金) 17:30～	平成24年度厚生労働科研島根大学 堀口班 第2回 効果安全性評価専門委員会	リーガロイヤルホテル小倉 (北九州市)
16	11月24日(土) 18:00～	平成24年度厚生労働科研島根大学 堀口班 研究打ち合わせ	愛媛大学大学院医学系研究科 脳とこころの医学 (松山市)
17	平成25年 1月26日(土) 17:00～	平成22-24年度厚生労働科研島根大学 堀口班 成績報告会	出雲ロイヤルホテル (出雲市)

## D. 考察 / E. 結論

我が国では、西洋医学を中心とした医療の中に、漢方薬を取り入れた独自の統合医療が発展しつつある。今回の研究は、統合医療分野において、プラセボ薬による二重盲検ランダム化比較試験によって、その有効性を客観的に評価できることを確立することにある。

この研究成果は、漢方製剤治療のエビデンス創出法の範となるばかりでなく、西洋医学の粋である抗精神病薬治療の限界を呈している治療抵抗性統合失調症例に対しての、漢方薬併用の統合医療が確立される。また統合失調症の治療抵抗化に伴う医療資源・コストの節減につながり、患者とその家族の負担が軽減されるものである。さらに抗精神病薬の濫用を抑制し、その適正使用を推進することは、抗精神病薬によって誘発される副作用の減少にも寄与するものとなり、その医療経済的効果は極めて大きいといえよう。

本3ヵ年研究では、年度毎に達成課題を設定し研究を推進していたが、各研究協力施設の尽力により、当初の予定よりも半年以上早く、目標症例に到達することが出来た。また、関連部門の方々のご協力により、滞りなくデータクリーニング・症例固定・キーオープンを実施し、解析業務に取り掛かることが出来た。

その結果、抑肝散が「衝動性の調節障害」、「緊張」、「会話の自発性と流暢さの欠如」の症状に対し有効であること、抑肝散が安全な薬剤であることを客観的に明らかにすることが出来た。我々の知る限り、精神神経疾患に対して、漢方薬の治療効果をプラセボ二重盲検試験で明らかになったのは、当研究が世界初であり非常に意義深い。

今後は、本研究成果について、権威のある国際的なジャーナル及び学会において、研究成果を発表し、治療抵抗性統合失調症に対する抑肝散投与の臨床的意義を明らかにしていきたい。

## F. 健康危険情報

本項目に該当すべき事項はない。

## G. 研究発表

### 1. 論文発表

平成 22 年度

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