Clobazam: A safe, efficacious, and newly rediscovered therapeutic for Epilepsy

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Clobazam is an oral 1, 5-benzodiazepine used worldwide for the treatment of many types of Epilepsies, although it is currently only approved for Lennox–Gastaut syndrome in the USA. This anticonvulsant and anxiolytic therapeutic has repeatedly demonstrated great efficacy and a high safety profile in refractory epilepsy as well as in a few monotherapy trials in both children and adults. Clobazam allosterically activates the GABAA receptor, and it binds less to subunits that mediate sedative effects than other benzodiazepines. It acts quickly, maintaining a therapeutic effect for a long duration due to its active metabolite, N-desmethylclobazam. Dosage is between 5 mg and 40 mg a day, depending on patient weight, efficacy, and tolerability. Efficacy tolerance has not been a problem in the best studies. Clobazam has provided many benefits to epileptic patients. It should be used by clinicians early as an adjuvant therapy in the treatment of refractory epilepsy and even considered as monotherapy in a broad spectrum of epilepsy syndromes.

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Neurofeedback treatment for children with ADHD: An effectiveness study

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Introduction & Objectives: Behavior therapy is a treatment alternative for children with ADHD, and Neuro-Feedback (NF) is a specific one that combines behavioral and neurocognitive elements with good effects, and supposedly without side effects. To date, there is no study on ADHD treatment with NF in a naturalistic outpatient setting.

Methods: Based on a power-analysis, a total of 92 children aged 7-11 will be randomized to either NF or Self-Management treatment (SM), stratified for gender and stimulant medication. Children will receive 36 high-frequent training sessions in 12 weeks with 6 sessions reserved for comorbid problems. Post treatment assessments are scheduled after 36 treatment sessions, as well as 6 and 12 months after treatment termination. Primary endpoints are the Conners 3rd rating scales for parents and teachers, and the Quantified Behavior Test (Qb-Test) that objectively assesses the three ADHD core symptoms inattention, hyperactivity and impulsivity.

Results: So far, N=42 children (n=20 NF, n=22 SM) participated in the study with data available. After 36 treatment sessions, children in both groups showed significant and overall large improvements on all Conners parent rating scales and on the majority of teacher rating scales, including academic achievement. Large and significant improvements were also obtained on Qb-test variables. Analysis of 6 months follow-up data demonstrates stability of effects over time. There are no significant differences between groups, yet. Treatment and assessment continues and results from a larger data base will be presented.

Discussion: Behavioral treatment in a high frequent naturalistic outpatient setting seems to be very effective in reducing ADHD symptoms, but possible long-term effects and group differences still need to be established.

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