

# 9<sup>TH</sup> MULTIDISCIPLINARY INTERNATIONAL Conference of Biological Psychiatry

## «Stress and Behavior»

Proceedings of the 9<sup>th</sup> International Multidisciplinary Conference «Stress and behavior»

Saint-Petersburg, Russia, 16–19 May 2005

Editor: Allan V. Kalueff, PhD

### CONFERENCE ABSTRACTS

#### 6. GENERAL QUESTIONS: PSYCHIATRY OF STRESS

##### REGULATION OF STRESS-SEQUENTIAL MICRONUTRITION

*M. Lugand Bourgeois, A. Cornely*

Bioresearch and Partners, Monthey, Switzerland

Stress is a real public health issue because of its multiples consequences. Bioresearch and Partners' objective is to exploit a new nutritional approach: micronutrition which can be used in acute as well as in chronic stress. The micronutritional approach developed by Bioresearch & Partners is a new mode of utilizing nutrients which targets an action on the global regulation of stress; the nutrients have been selected to participate in a nutritional strategy aiming to help the organism in the regulation of stress homeostasis. Design: This randomised, double-blind, placebo-controlled study verified the efficacy of micronutrition on 8-week treatment period in patients with generalized stress disorder.

**Subjects:** The study group consisted of 158 subjects two groups (81 micronutrition — 77 placebos) average age: 42.5 (69 men, 89 women). Measurements: Subjects' symptoms were collected before treatment and after 8 weeks of treatment. Inclusion requires 18 minimum points (3 central and 3 somatic symptoms) in Hamilton Rating Scale for stress (HAM-S). Total score was measured and compared in the two groups.

**Results:** After 8 weeks of follow-up, the total score decreased of 42.9% in the micronutrition group versus 19.7% in the placebo group. Total score: 2168 to 1238 for micronutrition group, 1973 to 1585 for placebo group. 65% of micronutrition group get out of the inclusion criteria (score under 18) versus 35% versus placebo.

**Conclusion:** Decreased of total score (HAM-S) corresponding in disappearance of intensity stress symptoms (42.9% vs. 19.7%) offer a satisfactory response to the required therapeutic aims in a population presenting a generalized stress disorder. Micronutrition is efficient in stress, and offer a new response in situations which do not always require drugs in cases other than pathologic situation requiring anxiolytic drug.