Efektivitas Amitriptilin dan Psikoterapi Kognitif dan Perilaku (Cognitive Behavior Therapy) Untuk Memperpendek Waktu Pemulihan Pasien Reaksi Kusta

Effectiveness of Amitriptyline and Cognitive Behavior Therapy for Shortening Recovery Period in Leprosy Reaction Patients

Celestinus Egya Munthe
RSK Dr. Sitanala, Tangerang

ABSTRACT

Background. A study on the effectiveness of amitriptyline and cognitive behavior therapy (CBT) to shorten healing time in leprosy reaction patients has been conducted at leprosy clinics RSK. SITANALA – Tangerang, on the leprosy reaction patient in periods 1 September 2009 until 31 October 2009. This study aimed to determine the effectiveness of amitriptyline and cognitive behavior therapy (CBT) on shortening healing time in leprosy reaction patients.

Methods. This study was a randomized clinical trial. A sample of patients diagnosed as contracting leprosy reaction was divided into three groups. One group received leprosy reaction standard therapy and amitriptyline 25 mg 3 times daily. Another group received leprosy reaction standard therapy, amitriptyline 25 mg 3 times daily, and cognitive behavior therapy. The third group received leprosy reaction standard therapy. Mean differences of the three groups were compared with ANOVA

Results. The group with either standard therapy and amitriptyline or amitriptyline and CBT showed faster recovery period, as well as reduction in pain, sleep disorder, fever, rash, and depression. Provision of CBT alone did not show significant improvement in these clinical presentation.

Conclusion. Provision of CBT in conjunction with amitriptyline and standard therapy can shorten recovery period, as well as reduce pain, sleep disorder, fever, rash, and depression, more than standard therapy alone. Sole provision of CBT without amitriptyline in conjunction to standard therapy does not show significant improvement in these clinical presentation.

Keywords: amitriptyline, leprosy reaction, standard therapy, cognitive behavior therapy