

# 托鲁地文拉法辛治疗伴快感缺失的重度抑郁症患者的疗效观察<sup>△</sup>

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**摘要** **目的** 探讨托鲁地文拉法辛治疗伴快感缺失的重度抑郁症(MDD)患者的疗效及安全性。**方法** 回顾性收集2023年5月至2025年8月河北省精神卫生中心收治的160例伴快感缺失的MDD患者资料,根据治疗方案的不同分为对照组(81例)和观察组(79例)。两组患者均接受经颅磁刺激治疗;在此基础上,对照组患者给予盐酸舍曲林片,观察组患者给予盐酸托鲁地文拉法辛缓释片,均连续治疗8周。比较两组患者的临床疗效、快感缺失缓解率和治疗前后的抑郁症状严重程度、快感缺失程度、认知功能、社会功能及生活质量,并记录治疗期间患者的不良反应发生情况。**结果** 治疗后,观察组患者的总有效率、快感缺失缓解率均显著高于对照组( $P<0.05$ )。治疗第4、8周时,两组患者的Snaith-Hamilton快感量表评分、汉密尔顿抑郁量表17项评分、Sheehan功能缺陷量表评分均显著低于同组治疗前,且观察组显著低于对照组( $P<0.05$ );蒙特利尔认知评估量表评分、简明幸福与生活质量满意度问卷评分均显著高于同组治疗前,且观察组显著高于对照组( $P<0.05$ )。两组患者的不良反应总发生率比较,差异无统计学意义( $P>0.05$ )。**结论** 托鲁地文拉法辛能显著改善伴快感缺失的MDD患者的抑郁症状、认知功能及社会功能,且安全性较好。

**关键词** 托鲁地文拉法辛;重度抑郁症;快感缺失;疗效;安全性

## Efficacy of toludesvenlafaxine in the treatment of patients with major depressive disorder with anhedonia

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**ABSTRACT** **OBJECTIVE** To explore the efficacy and safety of toludesvenlafaxine in the treatment of patients with major depressive disorder (MDD) with anhedonia. **METHODS** This retrospective study included 160 patients with MDD with anhedonia who were treated at Hebei Mental Health Center from May 2023 to August 2025. These patients were divided into a control group ( $n=81$ ) and an observation group ( $n=79$ ) according to treatment regimens. All patients received transcranial magnetic stimulation therapy. On this basis, the control group was treated with Sertraline Hydrochloride Tablets, while the observation group received Toludesvenlafaxine Hydrochloride Sustained-Release Tablets, with an 8-week continuous treatment course. To compare the clinical total effective rate, anhedonia remission rate, the severity of depressive symptoms, degree of anhedonia, cognitive function, social function and quality of life between the two groups before and after treatment, the incidence of adverse reactions during treatment was recorded simultaneously. **RESULTS** After treatment, the total effective rate and anhedonia remission rate of the observation group were significantly higher than the control group ( $P<0.05$ ).

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At the 4th and 8th weeks of treatment, the scores of Snaith-Hamilton Pleasure Scale, Hamilton Depression Rating Scale-17 Items, and Sheehan Disability Scale of both groups were significantly lower than those before treatment in the same group, and the observation group was significantly lower