

HOSPITAL DE CLÍNICAS DE PORTO ALEGRE
SERVIÇO DE PSIQUIATRIA
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**Suplementação de micronutrientes pode ser uma alternativa para
um melhor tratamento de depressão e ansiedade no SUS?
Uma revisão sistemática dos casos do magnésio e do zinco**

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Trabalho de Conclusão de Residência apresentada ao Programa de Residência Médica em Psiquiatria do Serviço de Psiquiatria do HCPA como requisito parcial para a obtenção do título de especialista em Psiquiatria.

Orientador:
Dr. Marco Antonio Caldieraro

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1. Depressão. 2. Ansiedade. 3. Micronutrientes. 4. Magnésio. 5. Zinco. I. Caldieraro, Marco Antonio, orient. II. Título.

RESUMO

INTRODUÇÃO: A depressão e a ansiedade causam um importante impacto na vida dos indivíduos diagnosticados e na população como um todo, e a proporção de casos refratários aos tratamentos disponíveis demanda novos tratamentos eficazes. O aumento das publicações sobre micronutrientes, principalmente o magnésio e o zinco, como potenciais tratamentos para essas condições, chama atenção por serem substâncias de fácil acesso, baixo custo e bom perfil de segurança e tolerabilidade. **OBJETIVOS:** Neste estudo, desejamos averiguar na literatura quais as evidências de eficácia do magnésio, para tratamento de depressão e ansiedade (diagnóstico e/ou sintoma), e do zinco, para tratamento de ansiedade (diagnóstico e/ou sintoma). Foi optado por não pesquisar as evidências do Zn para tratamento de depressão em função de já haverem revisões recentes de boa qualidade que se prestam à discussão proposta por este estudo. **MÉTODOS:** Foi conduzida uma revisão sistemática em cinco bases de dados, acerca do magnésio para tratamento de depressão e ansiedade, e do zinco para tratamento de ansiedade, sem restrição de data ou idioma. **RESULTADOS:** Foram encontrados um total de 16.877 registros, dos quais foram selecionados 45 artigos: 8 ECR que estudam suplementação de Mg em indivíduos com diagnóstico de depressão, dos quais 2 apresentaram direção de evidência positiva acompanhada de boa qualidade de evidência e os demais 6 apresentam direções de evidência positivas, negativas ou pouco claras, e baixa qualidade de evidência; um ECR que estuda suplementação de Mg em indivíduos com diagnóstico de ansiedade, cuja direção da evidência é pouco clara; 26 ECR em indivíduos com sintomas de ansiedade e/ou depressão secundários a outras circunstâncias, dos quais 4 apresentaram direção de evidência positiva acompanhada de boa qualidade de evidência. Foram encontrados 2 ECR que estudam suplementação de zinco em indivíduos com diagnóstico de ansiedade, ambos com direção de evidência positiva, mas avaliados como estudos com baixa qualidade de evidência; e 3 ECR em indivíduos com sintomas de ansiedade secundários a outras circunstâncias que apontaram direção de evidência positiva, os três com boa qualidade de evidência. **CONCLUSÃO:** Revisões anteriores sugerem que o zinco poderia ser uma boa alternativa como tratamento à depressão, em associação ao tratamento tradicional. Dois novos ECR encontrados por esta revisão sistemática apontam que magnésio também poderia ser uma opção. Urgem mais ensaios clínicos de boa qualidade metodológica que analisem a suplementação de zinco e magnésio em depressão e ansiedade, e mais especificamente na nossa população de pacientes do SUS, uma vez que seriam

especificamente na nossa população de pacientes do SUS, uma vez que seriam tratamentos suplementares com um bom perfil de tolerância e segurança, fácil acesso e uso, e baixo custo.

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Anexo I

ESTRATÉGIAS

PubMed - 3262 resultados

(Anxiety/diet therapy[mh] OR Anxiety/drug therapy[mh] OR Anxiety/drug effects[mh] OR Anxiety Disorders/diet therapy[mh] OR Anxiety Disorders/drug therapy[mh] OR Mood Disorders/diet therapy[mh] OR Mood Disorders/drug therapy[mh] OR Stress, Psychological/drug effects[mh] OR Stress, Psychological/diet therapy[mh] OR Stress, Psychological/drug therapy[mh] OR Trauma and Stressor Related Disorders/diet therapy[mh] OR Trauma and Stressor Related Disorders/drug therapy[mh] OR Depression/drug effects[mh] OR Depression/drug therapy[mh] OR Depression/diet therapy[mh] OR Antidepressive Agents/therapeutic use[mh] OR Angst[tiab] OR Hypervigilan*[tiab] OR Nervousness[tiab] OR Anxiet*[tiab] OR Anxious*[tiab] OR Agoraphobi*[tiab] OR Panic[tiab] OR Phobi*[tiab] OR Claustrophobi*[tiab] OR Obsessive-Compulsive[tiab] OR OCD[tiab] OR Hoarding[tiab] OR Adjustment Disorder*[tiab] OR Reactive Disorder*[tiab] OR Psychological Trauma*[tiab] OR Sexual Trauma*[tiab] OR Sexual Abuse Trauma*[tiab] OR Post-Traumatic Stress Disorder*[tiab] OR Posttraumatic Stress Disorder*[tiab] OR PTSD[tiab] OR Psychological Stress*[tiab] OR Psychologic Stress*[tiab] OR Emotional Stress*[tiab] OR Life Stress*[tiab] OR Mental stress*[tiab] OR Burnout[tiab] OR Mood*[tiab] OR Depress*[tiab] OR Cyclothymi*[tiab] OR Dysthymi*[tiab] OR Affective[tiab])

AND

(Magnesium/administration and dosage[mh] OR Magnesium/therapeutic use[mh] OR Magnesium Chloride/therapeutic use[mh] OR Magnesium Chloride/administration and dosage[mh] OR Magnesium compounds/administration and dosage[mh] OR Magnesium compounds/therapeutic use[mh] OR Zinc/administration and dosage[mh] OR Zinc/therapeutic use[mh] OR Zinc Compounds/administration and dosage[mh] OR Zinc Compounds/therapeutic use[mh] OR Magnesium[tiab] OR Zinc[tiab] OR Asbesto*[tiab] OR Talc*[tiab] OR Struvit*[tiab])

Embase - 4094 resultados (1351 resumos de congressos + 2743 artigos)

(('anxiety'/exp OR 'anxiety disorder'/exp OR 'mood disorder'/exp OR 'mental stress'/exp OR 'posttraumatic stress disorder'/exp OR 'depression'/exp) AND ('diet therapy'/exp OR 'drug therapy'/de OR 'drug effect'/de) OR 'antidepressant agent'/exp OR (Angst OR Hypervigilan* OR Nervousness OR Anxiet* OR Anxious* OR Agoraphobi* OR Panic OR Phobi* OR Claustrophobi* OR 'Obsessive-Compulsive' OR OCD OR Hoarding OR 'Adjustment Disorder*' OR 'Reactive Disorder*' OR 'Psychological Trauma*' OR 'Sexual Trauma*' OR 'Sexual Abuse Trauma*' OR 'Post-Traumatic Stress Disorder*' OR 'Posttraumatic Stress Disorder*' OR PTSD OR 'Psychological Stress*' OR 'Psychologic Stress*' OR 'Emotional Stress*' OR 'Life Stress*' OR 'Mental stress*' OR Burnout OR Mood* OR Depress* OR Cyclothymi* OR Dysthymi* OR Affective):ti,ab,kw)

AND

('magnesium'/exp OR 'magnesium sulfate'/exp OR 'magnesium chloride'/exp OR 'magnesium derivative'/exp OR 'magnesium hydroxide'/exp OR 'magnesium oxide'/exp OR 'magnesium silicate'/exp OR 'asbestos'/exp OR 'talc'/exp OR 'struvite'/exp OR 'zinc'/exp OR 'zinc oxide'/exp OR 'zinc sulfate'/exp OR (Magnesium OR Zinc OR Asbesto* OR Talc* OR Struvit*):ti,ab,kw)

AND

[embase]/lim NOT ([embase]/lim AND [medline]/lim)

PsycInfo - 620 resultados

((IndexTermsFilt: ("Anxiety")) OR IndexTermsFilt: ("Anxiety Sensitivity")) OR IndexTermsFilt: ("Climate Anxiety") OR IndexTermsFilt: ("Computer Anxiety") OR IndexTermsFilt: ("Death Anxiety") OR IndexTermsFilt: ("Health Anxiety") OR IndexTermsFilt: ("Mathematics Anxiety") OR IndexTermsFilt: ("Performance Anxiety") OR IndexTermsFilt: ("Social Anxiety") OR IndexTermsFilt: ("Speech Anxiety") OR IndexTermsFilt: ("Test Anxiety") OR IndexTermsFilt: ("Travel Anxiety") OR IndexTermsFilt: ("Anxiety Disorders") OR IndexTermsFilt: ("Anxiety Management") OR IndexTermsFilt: ("Generalized Anxiety Disorder") OR IndexTermsFilt: ("Panic") OR IndexTermsFilt: ("Panic Attack") OR IndexTermsFilt: ("Panic Disorder") OR IndexTermsFilt: ("Phobias") OR IndexTermsFilt: ("Posttraumatic Stress") OR IndexTermsFilt: ("Stress") OR IndexTermsFilt: ("Affective Disorders") OR IndexTermsFilt: ("Depression (Emotion)") OR IndexTermsFilt: ("Cyclothymic Disorder") OR IndexTermsFilt: ("Major Depression") OR IndexTermsFilt: ("Atypical Depression") OR IndexTermsFilt: ("Endogenous Depression") OR IndexTermsFilt: ("Late Life Depression") OR IndexTermsFilt: ("Postpartum Depression") OR IndexTermsFilt: ("Reactive Depression") OR