

综述

抑郁症治疗的新靶点和新策略

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摘要 目前临床上使用的抗抑郁药物虽然疗效较好, 但起效慢、治疗不彻底和易复发, 因此迫切需要寻找疗效更为理想的抗抑郁药物和治疗手段。近年来, 在对抑郁症的研究中发现了许多新的治疗靶点, 除了经典的对单胺能神经递质调节作用的优化外, 还包括对非单胺能神经递质、神经可塑性的调节以及局部脑区刺激等。本文将围绕这些新靶点以及以这些新靶点为依据开发的抗抑郁药物和治疗手段的研究进展予以综述, 以期为进一步研发药物或发现新靶点提供一定的思路和依据。

关键词 [抑郁症](#) [抗抑郁药](#)

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Candidate targets and new strategies for depression treatment

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Abstract

Although many kinds of antidepressants are available clinically, current pharmacotherapy for depression is generally unsatisfactory for most of patients. Limited drug efficacy and slow onset of action have made urgent the task of discovering novel therapeutics. So, current promising drug targets and strategies were reviewed that would be useful in improving antidepressant action, safety or tolerability, including optimized monoaminergic neurotransmitter modulation, regulation of non-monoamine neurotransmitter and neuromodulatory systems, enhancement of neurotrophin and synaptic plasticity, and focal stimulation targeting specified brain regions. In this review the critical roles of these potential new drug targets and strategies in developing better medications and high-quality remission for victims of this devastating illness were reviewed.

Key words [depression](#) [antidepressive agents](#)

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