

## Yi Shen Pin Gan Fang-a Chinese herb formula is effective in treating the ultra-high risk for psychosis population

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**Objective:** To investigate the effect of Yi Shen Pin Gan Fang-a Chinese Herb Formula in treating the Ultra High Risk for Psychosis population compared with aripiprazole.

**Method:** 54 Ultra High Risk for Psychosis population, matched for age, gender, handedness and education, were randomly assigned to receive either Yi Shen Pin Gan Fang and aripiprazole placebo or aripiprazole (5–10 mg/day) and Yi Shen Pin Gan Fang placebo for a 12-week period. At baseline, 4<sup>th</sup> week, 8<sup>th</sup> week, 12<sup>th</sup> week, clinical effect was evaluated with the Structured Interview for Prodromal Syndromes (SIPS), Positive and Negative Syndrome Scale (PANSS) and the Global Assessment of Functioning Scale (GAF), side effect was measured by Udvalg for Kliniske Undersogelser (UKU). Neurocognitive function was assessed at baseline and 12<sup>th</sup> week.

**Result:** For GAF, PANSS and SIPS, there was no difference between two groups ( $F=0.04, 0.05, 0.15, P>0.05$ ), there was significant improvement since 4<sup>th</sup> week till 12<sup>th</sup> week in each group compared with baseline ( $F=27.16, 59.91, 55.92, 0.05, 0.15, P<0.001$ ). Compared with baseline, for the Trail Making test, there is no difference between and intra groups ( $P>0.05$ ); In Chinese Medicine Treatment group, Verbal Learning test, Visual Memory test, CPT and Stroop-(colour/word) test were significant improved ( $P<0.05$ ); For Aripiprazole Treatment group, only Verbal Learning test, Stroop-word test were significant improved ( $P<0.05$ ). No obvious side effects were found in Yi Shen Pin Gan Fang treatment group.

**Conclusion:** Yi Shen Pin Gan Fang was effective in treating Ultra High Risk for Psychosis population.

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