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## **Comparison between Two Low Doses of Amitriptyline in the Management of Chronic Neck Pain: A Randomized, Double-Blind, Comparative Study**

### **Background:**

**Chronic neck pain (CNP) is a major concern for pain therapists. Many drugs including antidepressants such as amitriptyline have**

**been used in the management of CNP. 'is study compared the efficacy and safety of 2 different doses of amitriptyline (5 mg and**

**10 mg at bedtime) in patients with CNP.**

### **Method:**

**A total of 80 patients of both sexes with idiopathic CNP, ranging in age from 18 to 75**

**years, were divided into 2 groups that received 5 or 10 mg oral amitriptyline at bedtime for 120 days. 'e primary outcome**

**measure was neck pain disability index (NPDI). Neck pain intensity, Athens Insomnia Scale score, Hospital Anxiety and**

**Depression Scale (HADS), side effects of the drug, and patient satisfaction were secondary outcome measures.**

### **Results:**

**NPDI decreased by**

**71.9%  $\pm$  13.4% in the 10 mg group compared to 47.3%  $\pm$  17.3% in the 5 mg group, representing a statistically significant difference**

**(95% confidence interval: (27.3-12.6). Additionally, the 10 mg group showed greater mean reductions in pain score and HADS**

**scores (both the anxiety and depression subscales), as well as improvement in sleep disturbance compared to the 5 mg group.**

**Conclusion:**

**A**

**higher dose (10 mg) of amitriptyline at bedtime significantly reduced neck pain intensity, sleep disturbance, and anxiety and**

**depression compared to a lower dose (5 mg) in patients with idiopathic and nontraumatic CNP after 120 days of treatment, with**

**no significant difference between groups in the rate of side effects.**