

Table 1. Background characteristics of the studied sample

Parameter		Data
Average age of patients		44.5±14.1 year
The duration of the current state		6.1±7.3 months
History of mental disorder		10.9%
The presence of comorbid somatic disorder		87.5%
Sex	Male	28.1%
	Female	71.9%
Average score on CGI-S (base)		2.6 ± 0.5
Average score on HAM-A (base)		21.6±1.9
Somatic anxiety score on HAM-A		9.4±1.48
Mental anxiety score on HAM-A		12.16±1.46

Table 2. Average base scores on an anxiety scale of Hamilton

Point	Average score
1. Anxious mood	2.75
2. Tension	1.89
3. Fears	1.5
4. Insomnia	1.95
5. Cognitive impairment	1.23
6. Depressive mood	1.53
7. Somatic muscular symptoms	1.2
8. Somatic sensory symptoms	1.34
9. Cardiovascular symptoms	1.59
10. Respiratory symptoms	1.28
11. Gastrointestinal symptoms	1.38
12. Genitourinary symptoms	1.06
13. Vegetative symptoms	1.55
14. Behavior during the chekup	1.34
Total score	21.6±1.9

Table 3. Dynamic of average score on a general clinical impression scale (dynamic of contition)

Score on CGI	Group	Day No			
		7th	14th	21st	28th
5 – slight decline	Glycine	–	–	–	–
	Placebo	3,3% (1)	3,3% (1)	–	–
4 – no changes	Glycine	8,8% (3)	2,9% (1)	–	–
	Placebo	53,3% (16)	50% (15)	50% (14)	39,3% (11)
3 – slight improvement	Glycine	35,3% (12)	14,7% (5)	5,9% (2)	2,9% (1)
	Placebo	33,3% (10)	30% (9)	21,4% (6)	25% (7)
2 – substantial improvement	Glycine	44,1% (15)	32,3% (11)	23,5% (8)	14,7% (5)
	Placebo	10% (3)	13,3% (4)	25% (7)	21,4% (6)
1 – sugnificant improvement	Glycine	11,8% (4)	50% (17)	70,6% (24)	82,4% (28)
	Placebo	–	–	3,6% (1)	14,3% (4)
statistical significance of differences (χ^2)		$p<0,001$	$p<0,001$	$p<0,001$	$p<0,001$

Note. The absolute values are in parentheses.

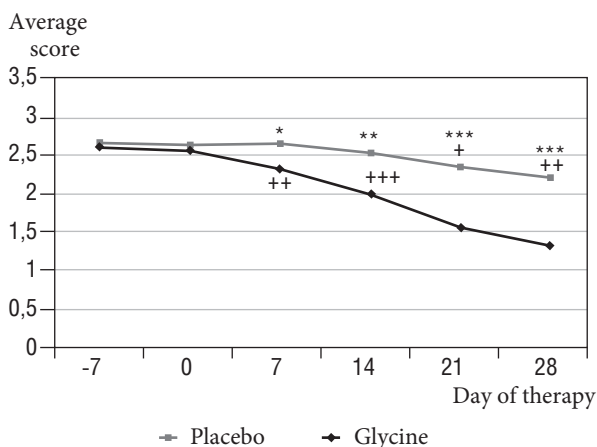


Fig. 1. Dynamic of average score on a general clinical impression scale

Differences compared to the background within the group: + – $p<0,05$ (placebo on 21st day); ++ – $p<0,01$ (glycine on 7th day, placebo on 28th day); +++ – $p<0,001$ (glycine on 14th day).

Differences between the group: * – $p<0,05$ (day 7); ** – $p<0,01$ (day 14) *** – $p<0,001$ (day 21).

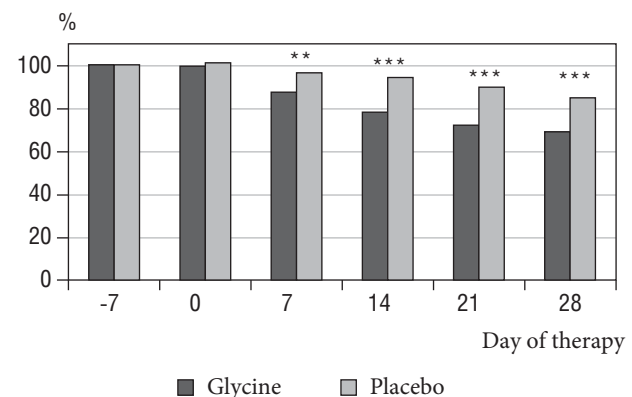


Fig. 2. Reduction of an average score on a Hamilton scale
Differences between the groups: ** – $p<0,01$ (day 7); *** – $p<0,001$ (after 14th day).

Table 4. Reduction of average scale on a subscale of mental anxiety HAM-A

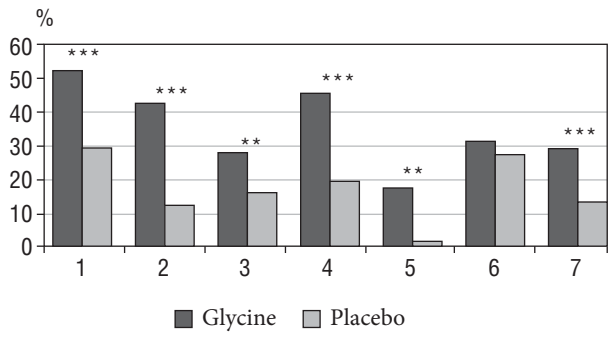
Group	Day					
	-7	0	7	14	21	28
Glycine	100%	100%	84%	73%	65%	62%
Placebo	100%	101,1%	96%	92%	85%	82%

Table 5. Reduction of average scale on a subscale of somatic anxiety HAM-A

Group	Day					
	-7	0	7	14	21	28
Glycine	100%	99,7%	90,7%	84%	80,5%	79%
Placebo	100%	100%	96%	95%	94%	90%

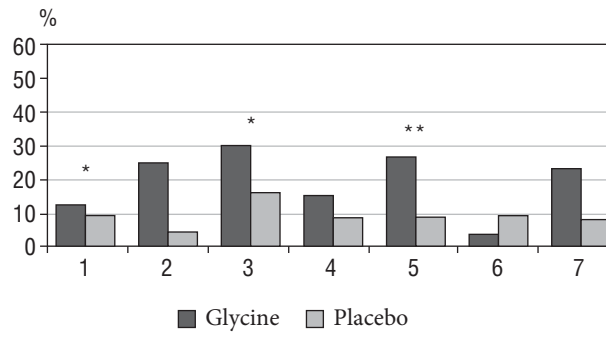
Table 6. Reduction of average score on particular symptoms of HAM-A scale HAM-A on the background of glycine and placebo

Parameter of HAM-A scale	Group/ difference	Day					
		-7	0	7	14	21	28
		Average score					
1. Anxious mood	Glycine	2,71	2,71	2,06	1,76	1,44	1,29
	Placebo	2,8	2,8	2,53	2,37	2,18	2
	<i>p</i>			<0,001	<0,001	<0,001	<0,001
2. Tension	Glycine	1,88	1,88	1,56	1,29	1,21	1,09
	Placebo	1,9	1,93	1,9	1,77	1,68	1,68
	<i>p</i>			<0,05	<0,001	<0,001	<0,001
3. Fears	Glycine	1,44	1,44	1,38	1,18	1,09	1,03
	Placebo	1,57	1,57	1,5	1,43	1,36	1,32
	<i>p</i>					<0,05	<0,01
4. Insomnia	Glycine	1,88	1,85	1,53	1,21	1,09	1,03
	Placebo	2,03	2,1	1,9	1,87	1,64	1,64
	<i>p</i>			<0,05	<0,001	<0,001	<0,001
5. Cognitive impairment	Glycine	1,21	1,21	1,12	1,06	1	1
	Placebo	1,3	1,3	1,3	1,3	1,29	1,29
	<i>p</i>				<0,05	<0,01	<0,01
6. Depressive mood	Glycine	1,53	1,56	1,38	1,18	1,06	1,06
	Placebo	1,53	1,53	1,5	1,47	1,25	1,11
	<i>p</i>					<0,05	
7. Somatic muscular symptoms	Glycine	1,15	1,18	1,18	1,18	1,03	1
	Placebo	1,27	1,23	1,2	1,13	1,11	1,14
	<i>p</i>						<0,05
8. Somatic sensory symptoms	Glycine	1,44	1,44	1,21	1,09	1,06	1,06
	Placebo	1,23	1,23	1,17	1,2	1,25	1,18
	<i>p</i>					<0,05	
9. Cardiovascular symptoms	Glycine	1,56	1,56	1,38	1,12	1,06	1,06
	Placebo	1,63	1,63	1,53	1,57	1,54	1,36
	<i>p</i>				<0,01	<0,01	<0,05
10. Respiratory symptoms	Glycine	1,29	1,26	1,18	1,09	1,09	1,09
	Placebo	1,27	1,27	1,27	1,23	1,18	1,14
11. Gastrointestinal symptoms	Glycine	1,38	1,38	1,21	1,18	1,09	1
	Placebo	1,37	1,37	1,3	1,3	1,29	1,25
	<i>p</i>						<0,01
12. Genitourinary symptoms	Glycine	1,03	1	1	1	1	1
	Placebo	1,1	1,13	1,1	1,07	1,04	1
13. Vegetative symptoms	Glycine	1,65	1,65	1,47	1,35	1,32	1,26
	Placebo	1,43	1,43	1,4	1,37	1,32	1,32
14. Behavior during checkup	Glycine	1,41	1,41	1,12	1,09	1	1
	Placebo	1,27	1,27	1,2	1,17	1,14	1,11
	<i>p</i>					<0,05	
Total score	Glycine	21,56	21,53	18,79	16,76	15,53	14,97
	Placebo	21,7	21,83	20,8	20,3	19,25	18,54
	<i>p</i>			<0,01	<0,001	<0,001	<0,001



- 1 – Behaviour during checkup
- 2 – Anxious mood
- 3 – Cognitive impairments
- 4 – Insomnia
- 5 – Fears
- 6 – Tension
- 7 – Depressive mood

a



- 1 – Vegetative symptoms
- 2 – Genitourinary symptoms
- 3 – Gastrointestinal symptoms
- 4 – Respiratory symptoms
- 5 – Cardiovascular symptoms
- 6 – Somatyc sensory symptoms
- 7 – Somatic muscular symptoms

b

Fig. 3. The ratio of the percent reduction in the average scores of individual symptoms of the Hamilton scale in the experimental and placebo groups

a – mental symptoms of anxiety; *b* – somatic symptoms of anxiety.

Differences between the groups: * – $p < 0,05$; ** – $p < 0,01$; *** – $p < 0,001$.