

# A Multicenter Observational Study of Lemborexant on Insomnia Patients With Psychiatric Disorders

NCT07417813

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**Status** RECRUITING  
**Sponsor** Shanghai Mental Health Center  
**Enrollment** 121 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Aged 18 years and above, regardless of gender;
- Meet the DSM-5 diagnostic criteria for mental disorders (any type);
- Insomnia Severity Index (ISI) score  $\geq 11$ ;
- Have at least 7 hours of sleep time available;
- Able to complete the 2-month scale assessment and follow-up plan;
- ... and 2 more (see full listing online)

### Exclusion (9)

- Mental disorder is in the acute phase as judged by clinical assessment, or the dose of other psychotropic drugs cannot be stabilized during the study;
- Concurrent use of  $\geq 2$  types of benzodiazepine receptor agonists (BZRAs) as insomnia treatment drugs;
- Previous continuous use of dual orexin receptor antagonist (DORA)-type drugs for  $>1$  week;
- Clear suicide attempt/plan or high suicide risk as judged by the researcher;
- Pregnant or lactating women;
- ... and 4 more (see full listing online)

## Locations (9 total)

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Suzhou Guangji Hospital, Suzhou, Jiangsu, China  
Xuzhou Oriental People's Hospital, Xuzhou, Jiangsu, China  
Shanghai Mental Health Center, Shanghai, Shanghai Municipality, China  
... and 6 more locations