Table E3. Benefits and risks of second-generation antidepressants compared with integrative therapies (interpersonal psychotherapy) monotherapy

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| --- | --- | --- | --- | --- | --- | --- |
| Outcomes | Anticipated absolute effectsa:*Benefit and risk with integrative therapies*  | Anticipated absolute effectsa (95% CI):*Benefit and risk with SGA* | Relative effect(95% CI)  | Number of participants (Trials)  | Strength of Evidence  | Comments |
| **Response**Assessed with: HAM-DFollowup: mean 6 weeks | 61 per 100 | 62 per 100(53 to 75) | RR, 1.02(0.86 to 1.22)  | 318(1 trial11) | Lowb,c | Comparison limited to escitalopram and IPT. |
| **Remission**Assessed with: HAM-DFollowup: range 8 to 12 weeks |  50 per 100 |  46 per 100(39 to 54) | RR, 0.92(0.78 to 1.08)  | 605(2 trials11,12)  | Lowd,e | Comparison limited to citalopram, escitalopram, or sertraline and IPT. A third study (rated high risk of bias)12 reported no significant difference in effect but did not present rates of remission.  |
| **Quality of life**  | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None  |
| **Functional capacity** | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None  |
| **Suicidal ideas or behaviors**Followup: mean 12 weeks | 16 per 100  | 6 per 100 (3 to 13)  | RR, 0.39(0.19 to 0.82) | 291 (2 trials12-14) | Insufficientf,g | Comparison is limited to escitalopram vs. IPT |
| **Serious adverse events** | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None |
| **Risk for overall adverse events** | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None  |
| **Overall discontinuation** Followup: mean 13 weeks | 11 per 100 | 16 per 100 (9 to 26)  | RR, 1.38(0.83 to 2.3) | 384(2 trials11,15) | Insufficienth, i | Comparison limited to citalopram, nefazodone, and sertraline vs. interpersonal therapy  |

Table E3. Benefits and risks of second-generation antidepressants compared with integrative therapies (interpersonal psychotherapy) monotherapy (continued)

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| --- | --- | --- | --- | --- | --- | --- |
| Outcomes | Anticipated absolute effectsa:*Benefit and risk with integrative therapies*  | Anticipated absolute effectsa (95% CI):*Benefit and risk with SGA* | Relative effect(95% CI)  | Number of participants (Trials)  | Strength of Evidence  | Comments |
| **Discontinuation because of adverse events**Followup: mean 13 weeks  | NR | NR | RR, 0.33j(0.01 to 8.06) | 287(1 trial11) | Insufficienti,k | Comparison limited to citalopram and sertraline versus interpersonal therapy  |

a The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).

b Downgraded for imprecision: sample size that does not fulfill optimal information size (OIS).

c Downgraded for risk of bias: high risk of bias due to insufficient reporting of methods and baseline differences between groups in duration of illness.

d Downgraded for inconsistency: inconsistent direction of point estimates.

e Downgraded for risk of bias: one of the trials was rated high risk of bias due to insufficient reporting of methods and baseline differences between groups in duration of illness.

f Downgraded 2 steps for imprecision: very few events in both studies, and in one study, 95% confidence interval crosses both thresholds of appreciable differences.

g Downgraded for risk of bias: high attrition rate; unclear whether outcome assessors were masked; in one study, no indication that incidence data for suicidal ideas or behaviors adjusted for baseline presence of suicidal ideas or behaviors or that ITT analysis applied to these data.

h Downgraded for risk of bias: one of two available studies did not report discontinuations taking place between randomization and onset of treatment; impossible to determine how unreported discontinuations would have affected our findings.

i Downgraded 2 steps for serious imprecision: very few events.

j RR corrected for zero cell case.

k Downgraded for risk of bias: outcomes reporting bias; most studies did not report on discontinuation because of adverse events.

CI = confidence interval; HAM-D = Hamilton Depression Rating Scale; IPT = Interpersonal Psychotherapy; ITT = intent-to-treat; NA = not applicable; NR: not reported; RR = risk ratio; SGA = second-generation antidepressant