Table E8. Benefits and risks of second-generation antidepressants compared with any psychological therapy monotherapy

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| --- | --- | --- | --- | --- | --- | --- |
| Outcomes | Anticipated absolute effectsa:  *Benefit and risk with any psychological therapy* | Anticipated absolute effectsa (95% CI):  *Benefit and risk with SGAs* | Relative effect (95% CI) | Number of participants  (Trials) | Strength of evidence | Comments |
| **Response** | NA | NA | NA | 0 (0 trials) | Insufficient | None |
| **Remission** | NA | NA | NA | 0 (0 trials) | Insufficient | None |
| **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: range 8 to 16 weeks | 7 per 100 | 10 per 100 (6 to 16) | RR, 1.36 (0.87 to 2.14) | 796 (4 trials2,5,9,11,18)b | Lowc,d | Interventions limited to: 1) fluoxetine, paroxetine, citalopram, sertraline, escitalopram, sertraline, and 2) CBT, short-term psychodynamic therapy, interpersonal therapy, integrative therapy, and third-wave CBT |
| **Serious adverse events**  Followup: mean 8 weeks | NA | NA | RR, 4.54e (0.25 to 82.92) | 180 (1 trial2,9) | Insufficient f, g | Interventions limited to paroxetine and CBT |
| **Overall risk for adverse events:**  Followup: mean 14 weeks | 1 per 100 | 16 per 100 (2 to 100) | RR, 17.84 (2.32 to 137.4) | 170 (1 trial1) | Insufficient g,h | Interventions limited to fluoxetine and CBT |
| **Overall discontinuation** Followup: range 8 to 16 weeks | 13 per 100 | 19 per 100 (12 to 30) | RR, 1.47 (0.94 to 2.30) | 1092 (7 trials1,2,4,5,9,11,16,20) | Moderatec | Interventions are limited to: 1) fluoxetine, fluvoxamine, paroxetine, sertraline, and 2) behavioral activation, cognitive therapy, problem solving therapy, rational emotive behavior therapy, short-term psychodynamic supportive psychotherapy |

Table E8. Benefits and risks of second-generation antidepressants compared with any psychological therapy monotherapy (continued)

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| --- | --- | --- | --- | --- | --- | --- |
| Outcomes | Anticipated absolute effectsa:  *Benefit and risk with any psychological therapy* | Anticipated absolute effectsa (95% CI):  *Benefit and risk with SGAs* | Relative effect (95% CI) | Number of participants  (Trials) | Strength of evidence | Comments |
| **Discontinuation because of adverse events**  Followup: range 8 to 16 weeks | 2 per 100 | 6 per 100 (2 to 18) | RR, 2.73 (0.89 to 8.38) | 871 (5 trials 2,4,5,9,11,20) | Moderatec | Interventions are limited to: 1) fluoxetine, fluvoxamine, paroxetine, sertraline, and 2) behavioral activation, cognitive therapy, problem solving therapy, rational emotive therapy |

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

b Includes data from three high risk of bias studies because sensitivity analysis including those studies led to findings with different directionality than primary analysis.

c Downgraded for imprecision: few events.

d Downgraded for risk of bias: very high attrition in two studies, and use of completers analysis only for suicidality data in a third study.

e RR corrected for zero cell cases.

f Downgraded 2 steps for serious imprecision: very few events, 95% confidence interval extremely wide and crosses both thresholds of appreciable differences.

g Downgraded for risk of bias: serious adverse events data that was received from authors reported only for study completers.

h Downgraded for risk of bias: overall risk of adverse events reported only for study completers.

CBT = cognitive behavioral therapy; CI = confidence interval; CT = cognitive therapy; NA = not applicable; RR = risk ratio; SGA = second-generation antidepressant