

The management of minor (subthreshold) depression: pharmacological interventions..... 3

- 01 Efficacy: active treatment vs placebo 3
 - 01.01 Non-response at endpoint 3
 - 01.02 Non-remission at endpoint..... 4
 - 01.03 Mean endpoint (clinician-rated)..... 5
 - 01.04 Mean endpoint (self-rated)..... 5
 - 01.05 Mean change at endpoint (clinician-rated) 6
- 02 Acceptability and tolerability: active treatment vs placebo 7
 - 02.01 Dropout at endpoint for any reason 7
 - 02.02 Dropout at endpoint due to side effects 8
 - 02.03 Number reporting side effects at endpoint..... 9
- 03 Efficacy: active treatment vs active treatment 10
 - 03.01 Non-response at endpoint: SSRI..... 10
 - 03.02 Non-response at endpoint: TCA 11
 - 03.03 Non-remission at endpoint: SSRI 11
 - 03.04 Non-remission at endpoint: TCA..... 12
 - 03.05 Mean endpoint (clinician-rated): SSRI 12
 - 03.06 Mean endpoint (clinician-rated): TCA..... 13
 - 03.07 Mean endpoint (clinician-rated): AP 13
 - 03.08 Mean change at endpoint (clinician-rated): SSRI..... 14
 - 03.09 Mean change at endpoint (clinician-rated): TCA 14
- 04 Acceptability vs tolerability: active treatment vs active treatment 15
 - 04.01 Dropout at endpoint for any reason: SSRI..... 15
 - 04.02 Dropout at endpoint for any reason: TCA 16
 - 04.03 Dropout at endpoint for any reason: AP 16
 - 04.04 Dropout at endpoint due to side effects: SSRI..... 17
 - 04.05 Dropout at endpoint due to side effects: TCA 18
 - 04.06 Dropout at endpoint due to side effects: AP 18
 - 04.07 Number reporting side effects at endpoint: SSRI 19
 - 04.08 Number reporting side effects at endpoint: TCA..... 19
 - 04.09 Number reporting side effects at endpoint: AP..... 20
- 05 Relapse prevention: active treatment vs placebo 20
 - 05.01 Recurrence at endpoint 20

The management of minor (subthreshold) depression: psychological interventions..... 21

- 01 Psychological therapies vs control..... 22
 - 01.01 Dichotomous outcomes at endpoint and follow-up 22
 - 01.02 Continuous outcomes at endpoint and follow-up 23
 - 01.03 Dropout at endpoint 24
- 02 Psychological therapies vs antidepressants..... 24
 - 02.01 Dichotomous outcomes at endpoint..... 24
 - 02.02 Continuous outcomes at endpoint and follow-up 25
 - 02.03 Dropout at endpoint 26

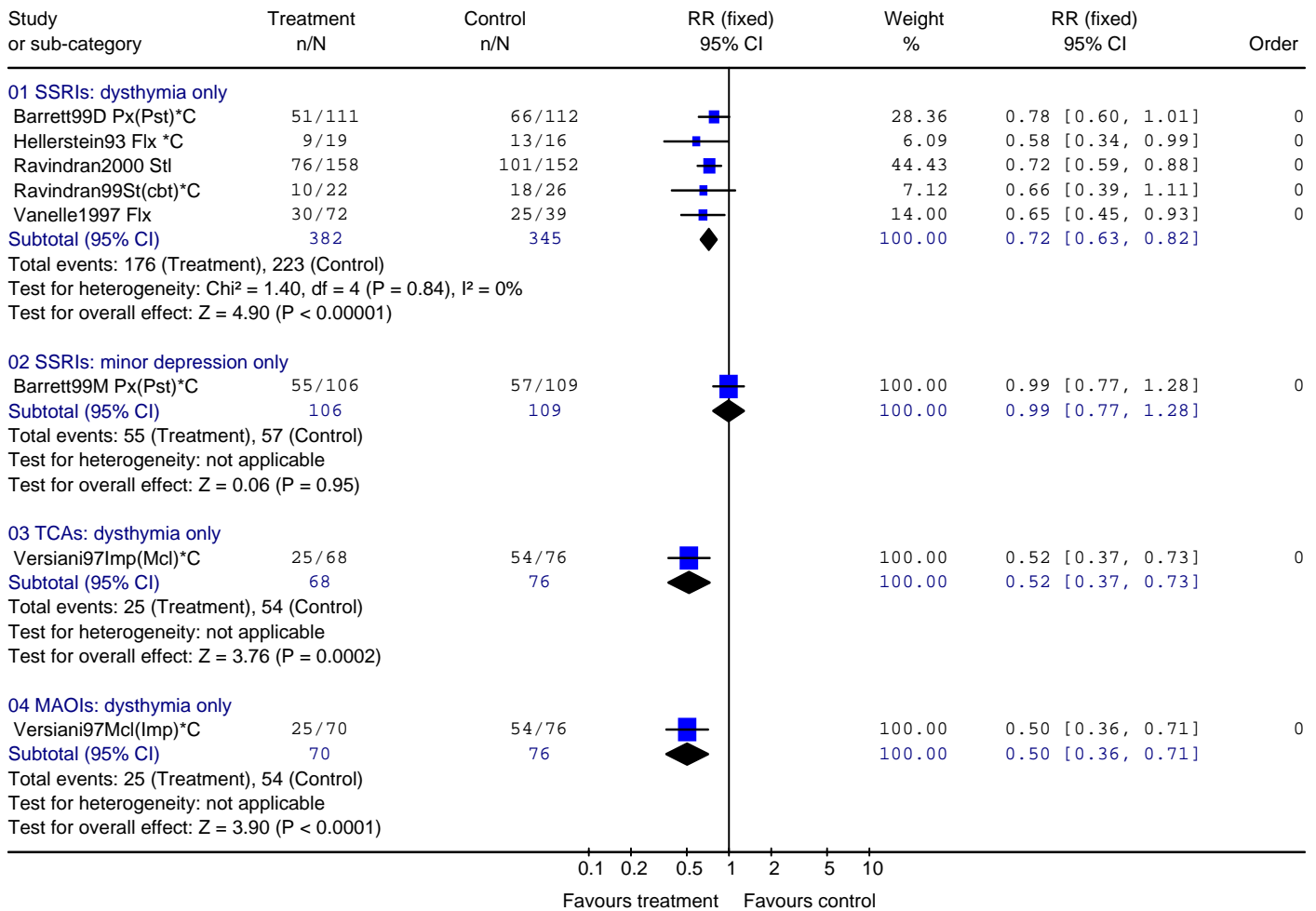
03 Psychological therapies + antidepressants vs antidepressants	26
03.01 Dichotomous outcomes at endpoint.....	26
03.02 Continuous outcomes at endpoint and follow-up	27
03.03 Dropout at endpoint	27
04 Psychological therapies + antidepressants vs psychological therapies.....	28
04.01 Dichotomous outcomes at endpoint.....	28
04.02 Continuous outcomes at endpoint and follow-up	28
04.03 Dropout at endpoint	29
05 Exercise vs psychoeducation	29
05.01 Continuous outcomes at endpoint and continuation	29
05.02 Continuous outcomes at endpoint, continuation and follow-up	30
05.03 Dropout at endpoint	30
06 Aerobic exercise + resistance training vs aerobic exercise.....	31
06.01 Dichotomous outcomes at endpoint.....	31
06.02 Continuous outcomes at endpoint and follow-up	31
06.03 Dropout at endpoint	32
07 Short psychodynamic verbal therapy vs short psychodynamic art therapy	32
07.01 Continuous outcomes at endpoint and follow-up	32
07.02 Dropout at endpoint	33
08 Partial responders: Psych therapy + SSRI vs SSRI	33
08.01 Dichotomous outcomes at endpoint.....	33
08.02 Dropout at endpoint	34

The management of minor (subthreshold) depression: pharmacological interventions

01 Efficacy: active treatment vs placebo

01.01 Non-response at endpoint¹

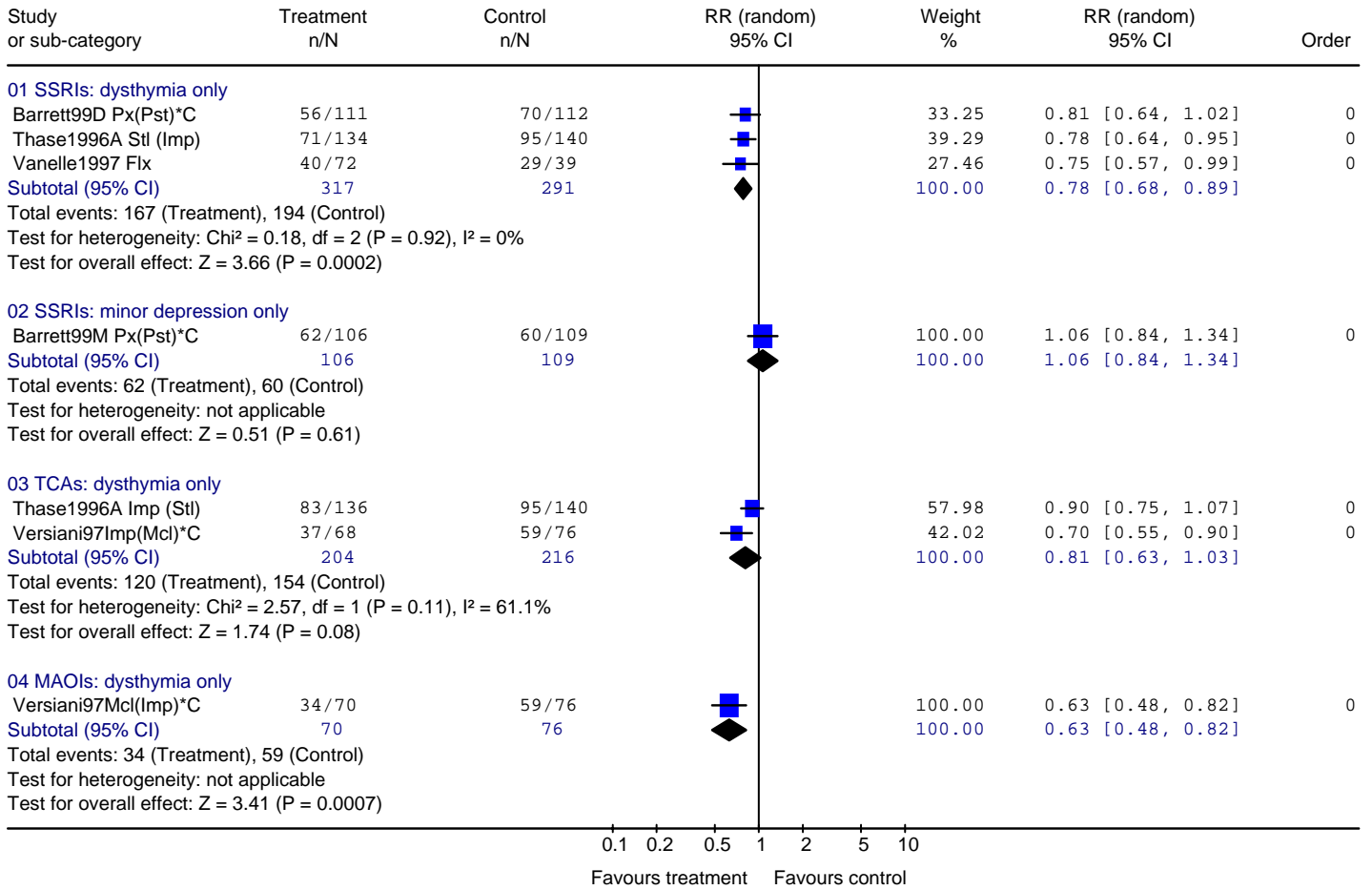
Review: Depression Update Subthreshold: Pharm
 Comparison: 01 Overall efficacy (versus placebo)
 Outcome: 01 Number of people not achieving at least 50% reduction in depression score



¹ SSRI = serotonin reuptake inhibitor; TCA = tricyclic antidepressant; MAOI = monoamine oxidase inhibitor

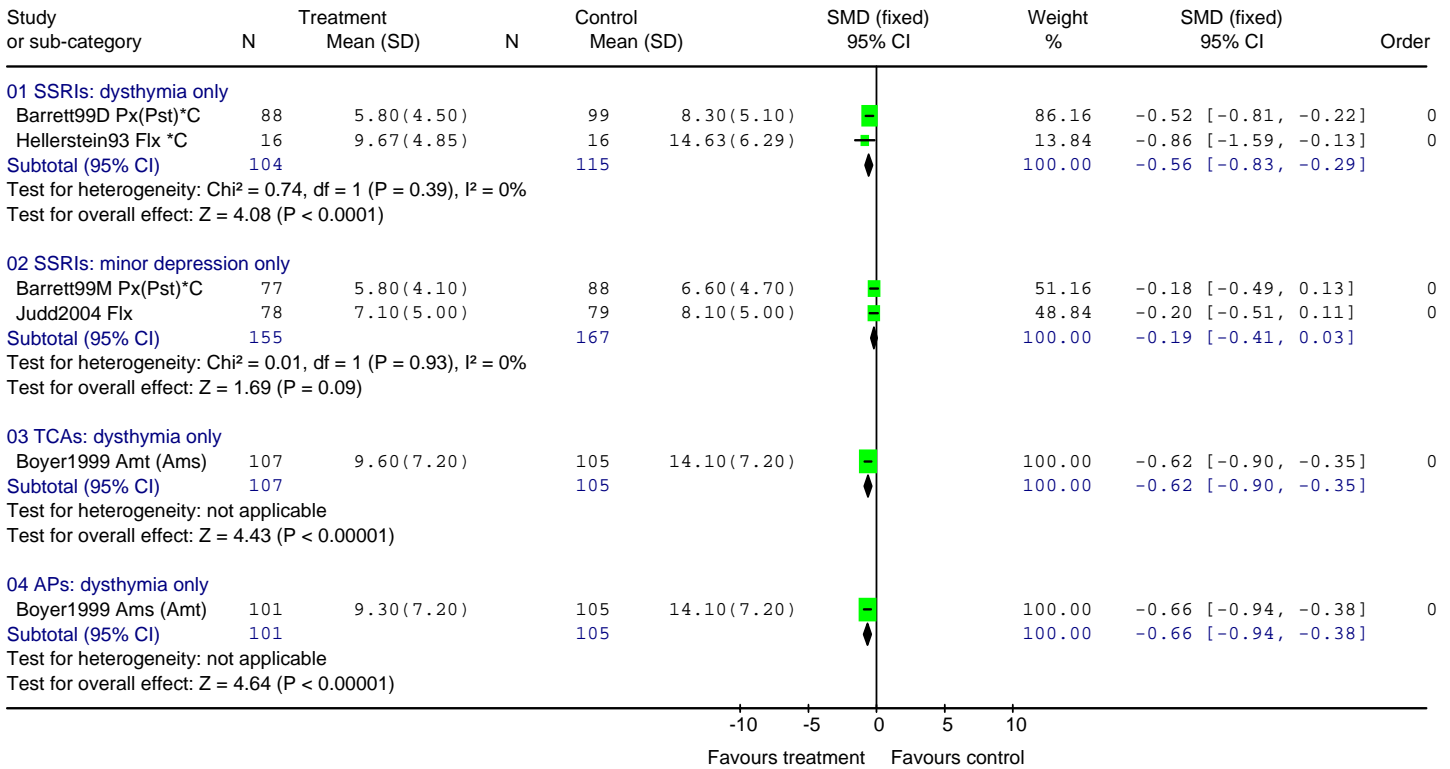
01.02 Non-remission at endpoint

Review: Depression Update Subthreshold: Pharm
 Comparison: 01 Overall efficacy (versus placebo)
 Outcome: 02 Number of people not achieving remission



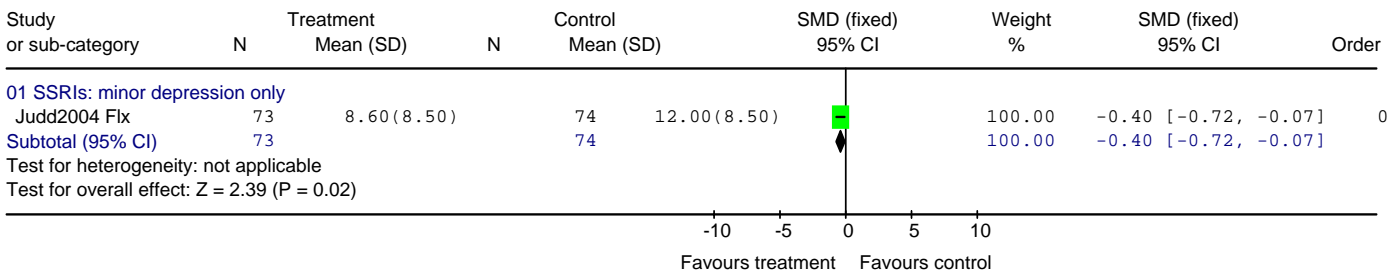
01.03 Mean endpoint (clinician-rated)²

Review: Depression Update Subthreshold: Pharm
 Comparison:01 Overall efficacy (versus placebo)
 Outcome: 03 Mean endpoint scores (clinician rated)



01.04 Mean endpoint (self-rated)

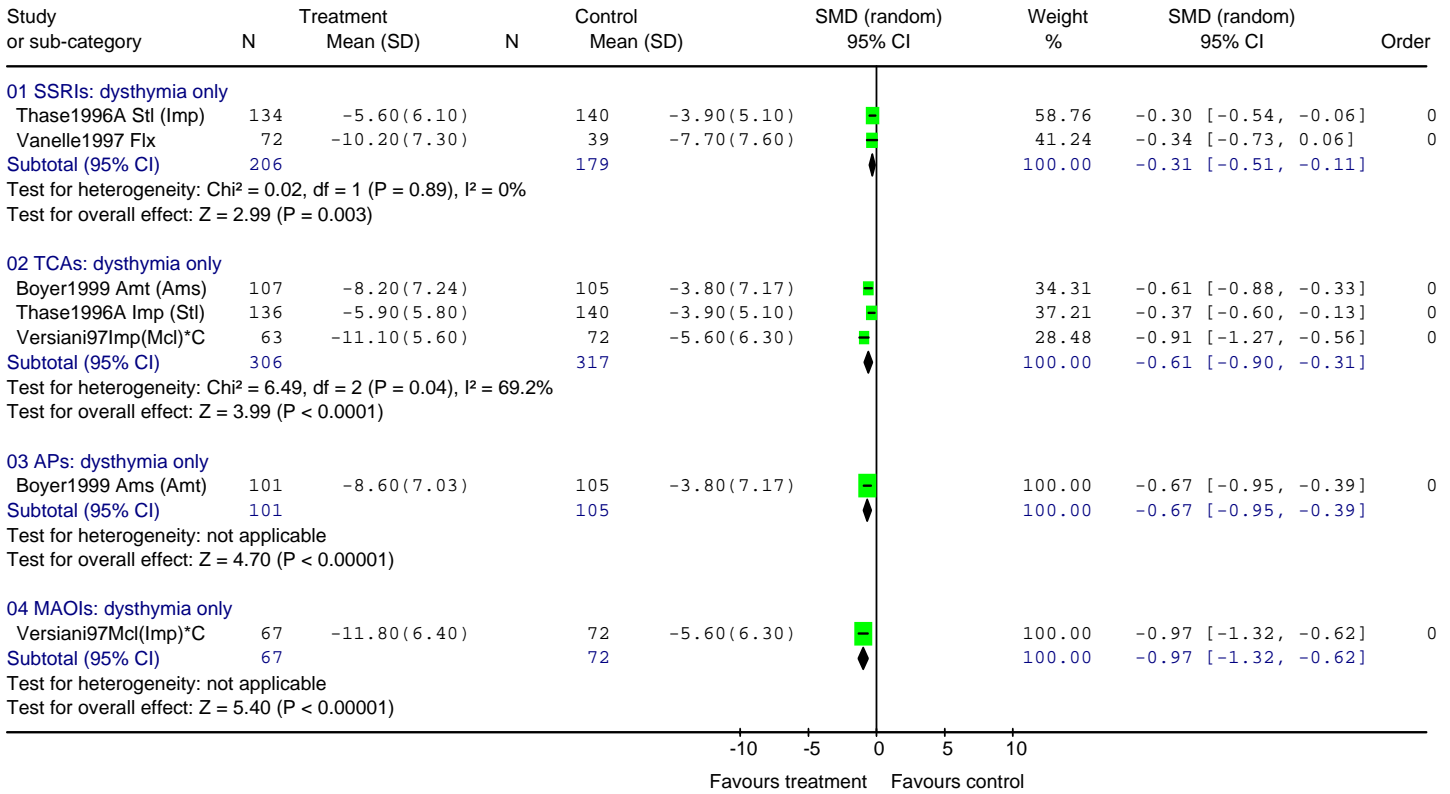
Review: Depression Update Subthreshold: Pharm
 Comparison:01 Overall efficacy (versus placebo)
 Outcome: 04 Mean endpoint scores (self rated)



² AP = antipsychotic

01.05 Mean change at endpoint (clinician-rated)³

Review: Depression Update Subthreshold: Pharm
 Comparison: 01 Overall efficacy (versus placebo)
 Outcome: 05 Mean change (clinician rated)

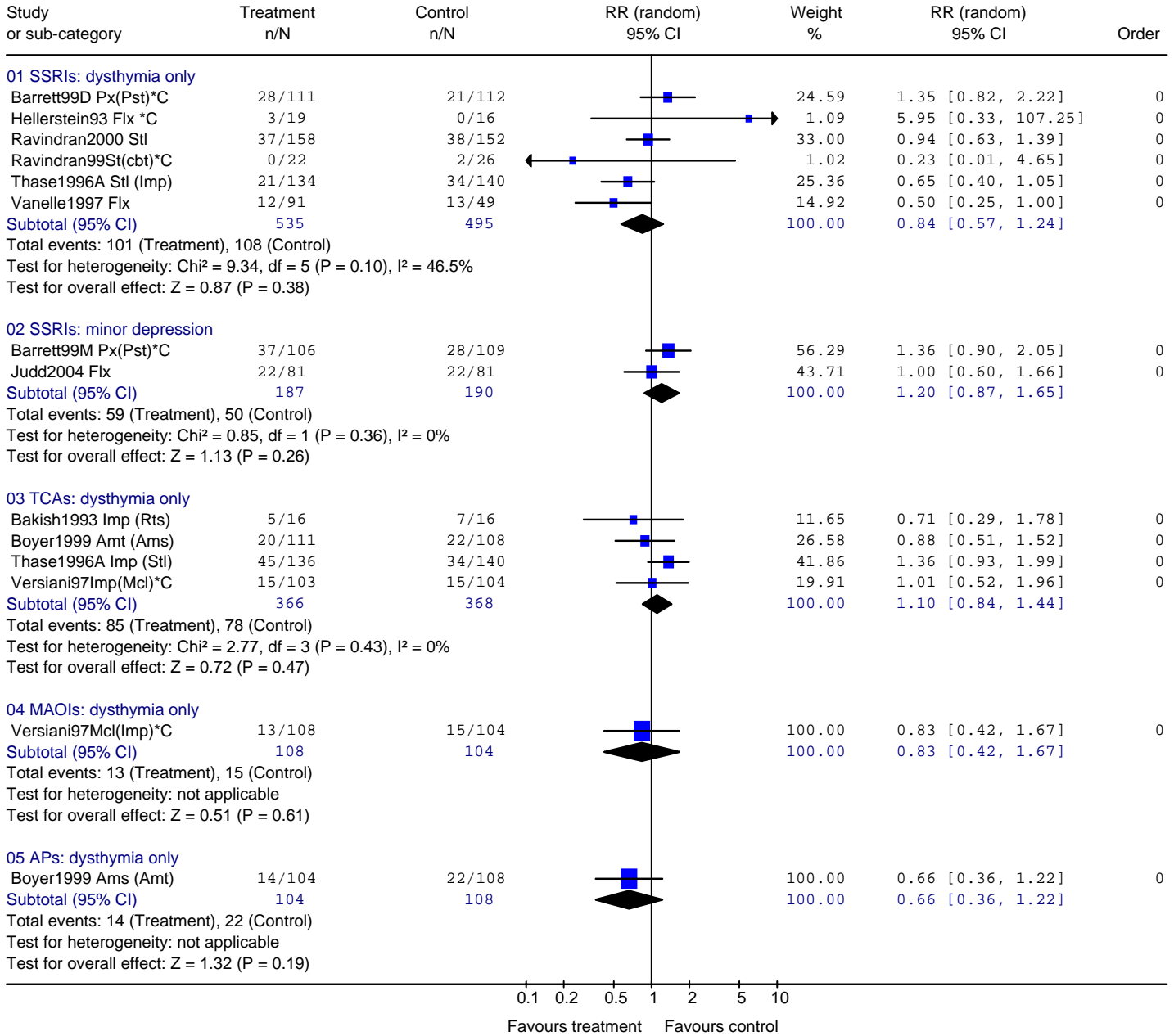


³ Stl/St = sertraline; Imp = imipramine; Flx = fluoxetine; Amt = amitriptyline; Ams = amisulpride; Mcl = moclobemide; *C = completers analysis

02 Acceptability and tolerability: active treatment vs placebo

02.01 Dropout at endpoint for any reason⁴

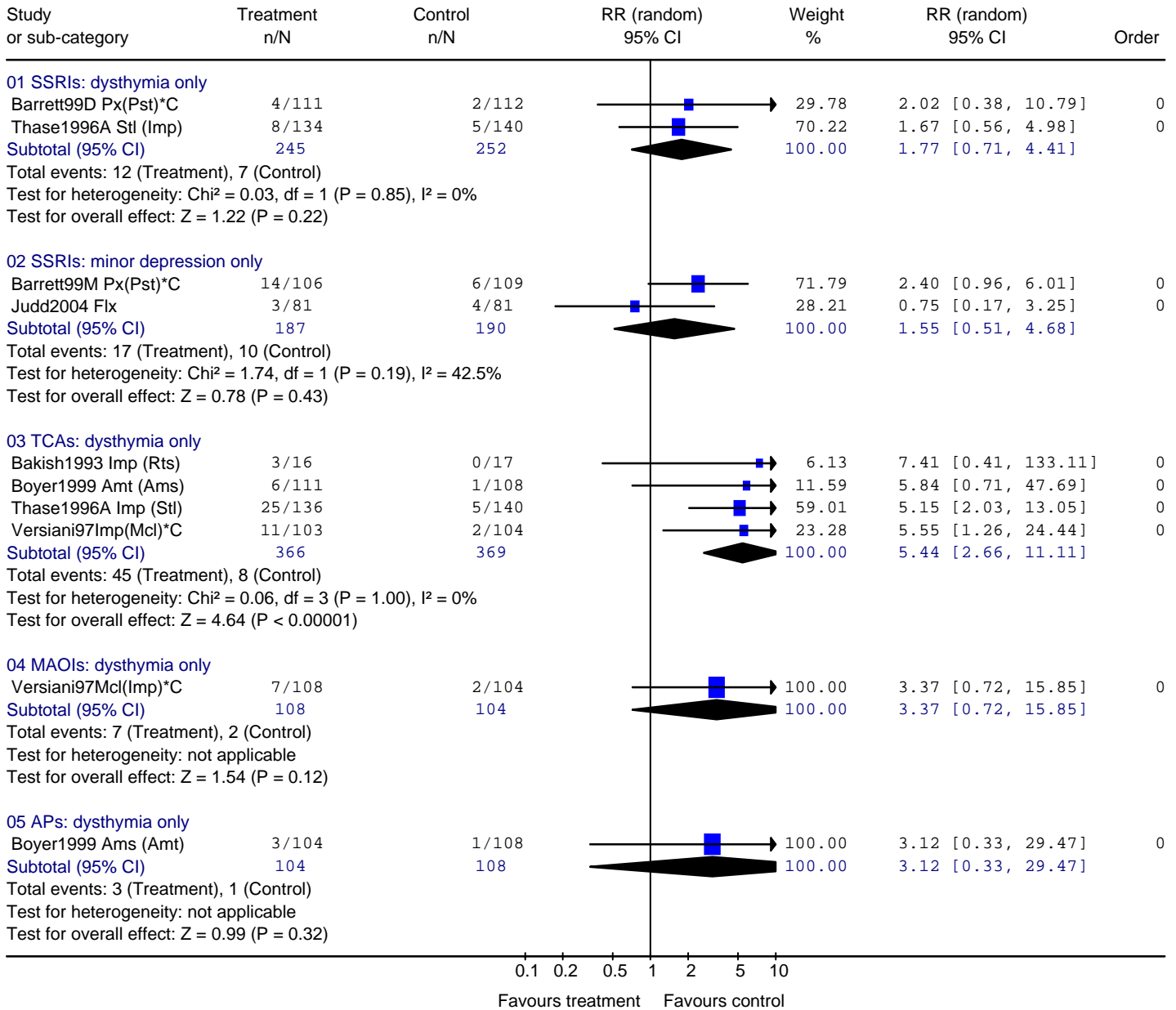
Review: Depression Update Subthreshold: Pharm
 Comparison: 02 Overall acceptability and tolerability (versus placebo)
 Outcome: 01 Leaving the study early



⁴ Px = paroxetine; Pst = problem solving therapy; Cbt = cognitive behavioural therapy; Rts = ritanserin

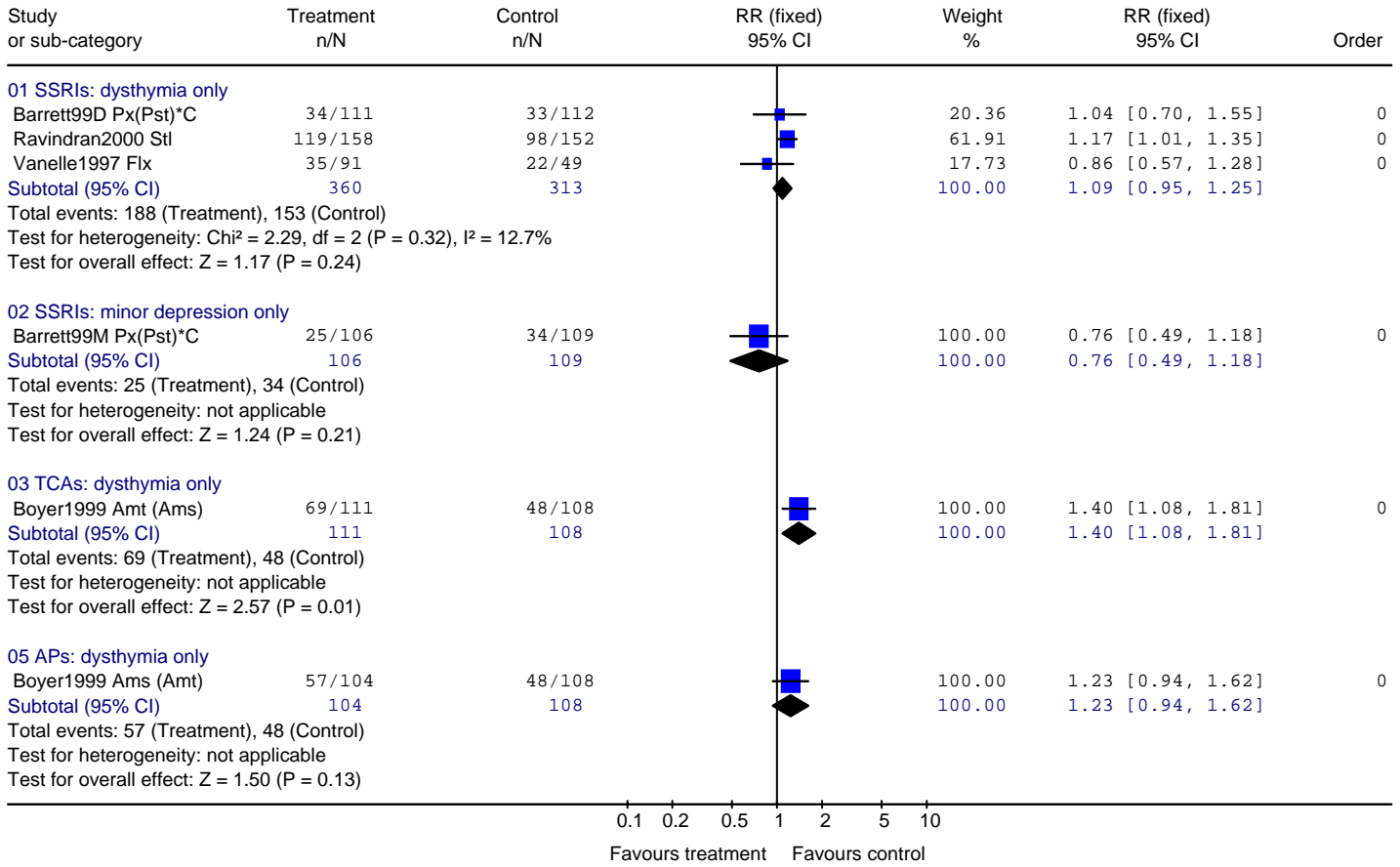
02.02 Dropout at endpoint due to side effects

Review: Depression Update Subthreshold: Pharm
 Comparison: 02 Overall acceptability and tolerability (versus placebo)
 Outcome: 02 Leaving the study early due to side effects



02.03 Number reporting side effects at endpoint

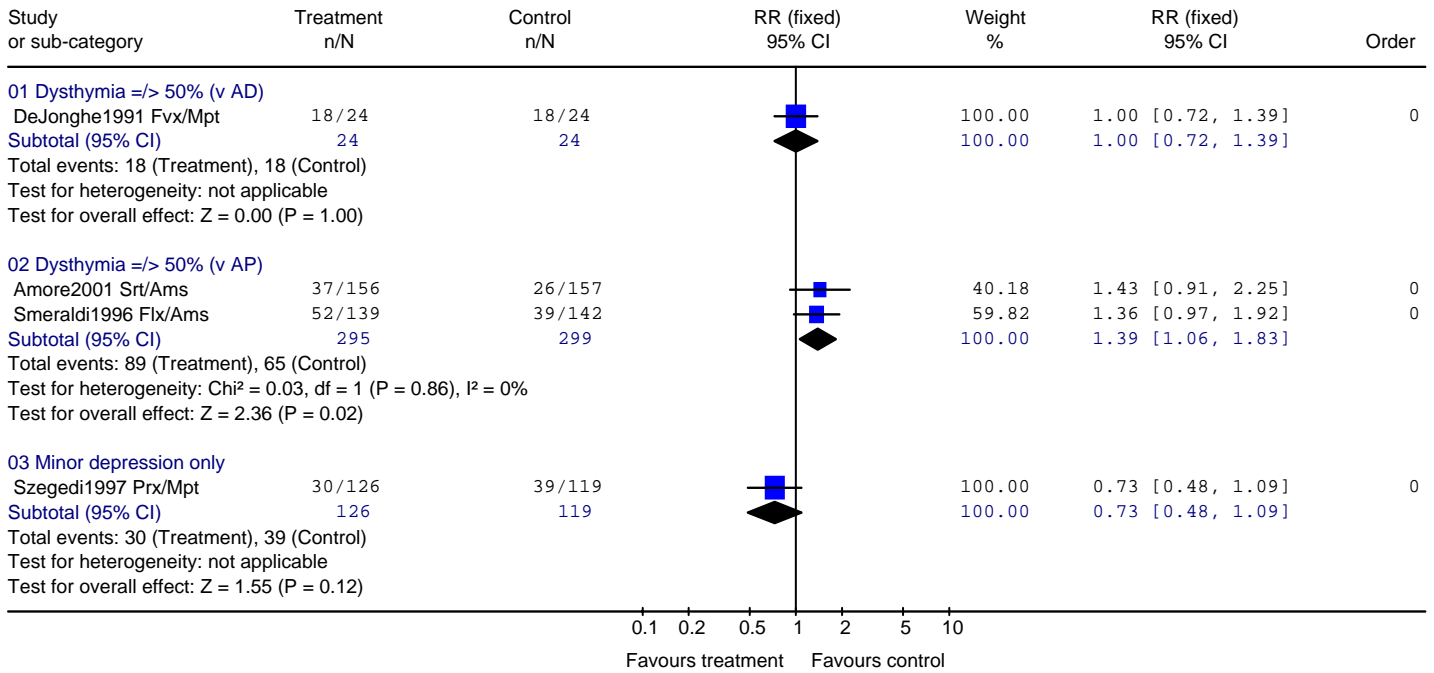
Review: Depression Update Subthreshold: Pharm
 Comparison: 02 Overall acceptability and tolerability (versus placebo)
 Outcome: 03 Patients reporting side effects



03 Efficacy: active treatment vs active treatment

03.01 Non-response at endpoint: SSRI⁵

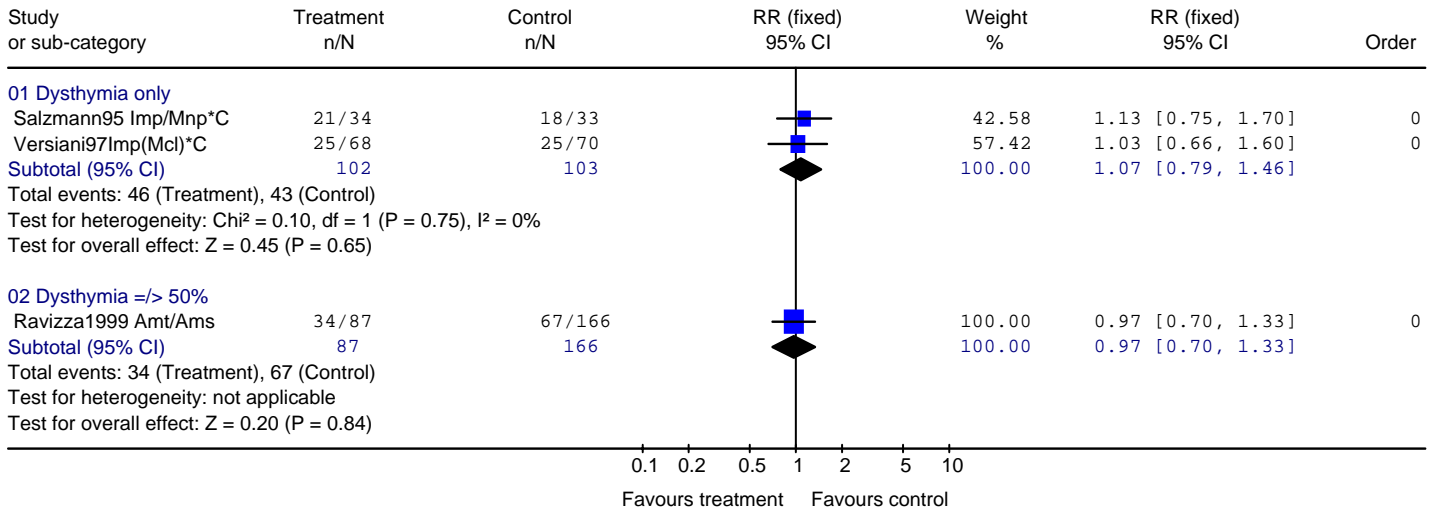
Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 01 Number of people not achieving at least 50% reduction in depression score: SSRI



⁵ Fvx = fluvoxamine; Mpt = maprotiline

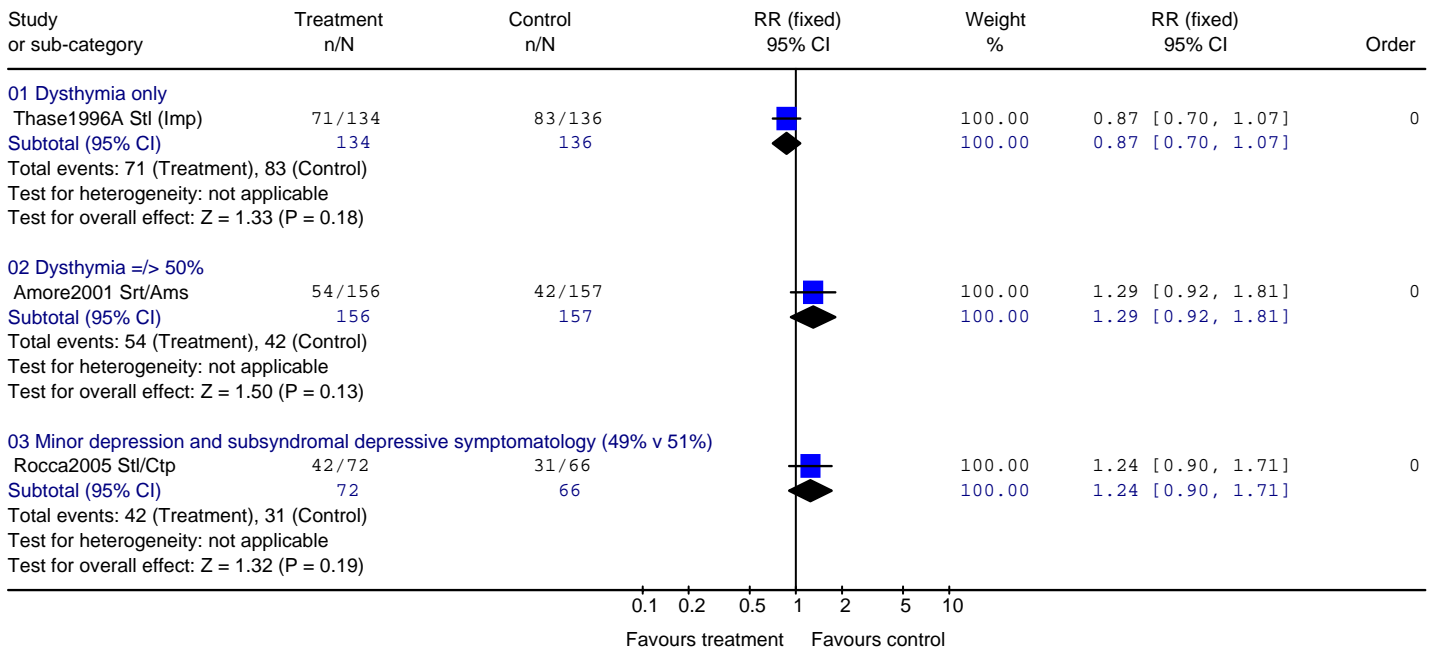
03.02 Non-response at endpoint: TCA⁶

Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 02 Number of people not achieving at least 50% reduction in depression score: TCA



03.03 Non-remission at endpoint: SSRI⁷

Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 03 Number of people not achieving remission: SSRI

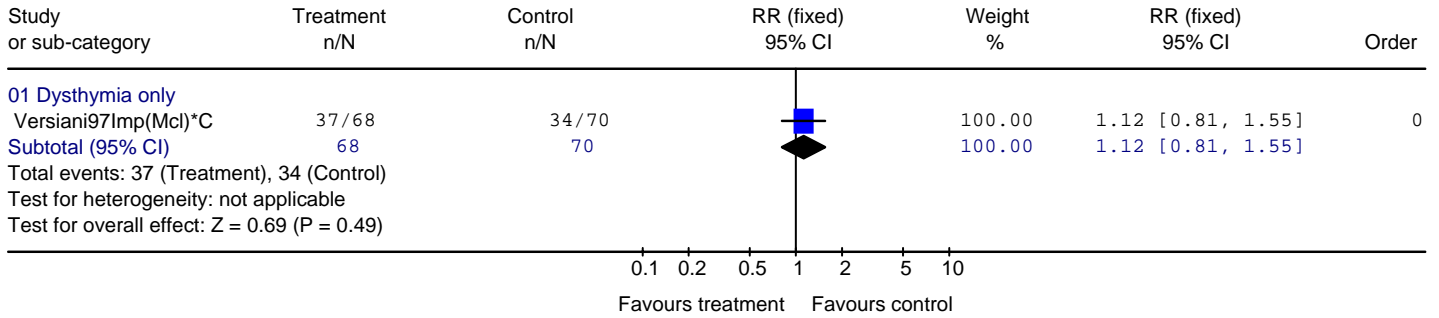


⁶ Mnp = minaprine

⁷ Ctp = citalopram

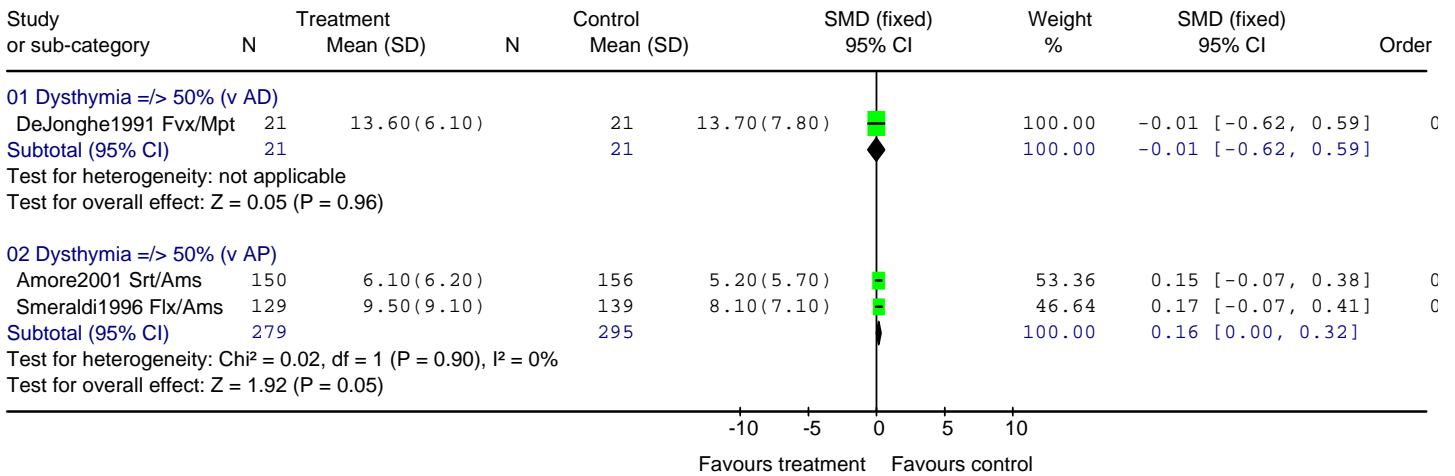
03.04 Non-remission at endpoint: TCA

Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 04 Number of people not achieving remission: TCA



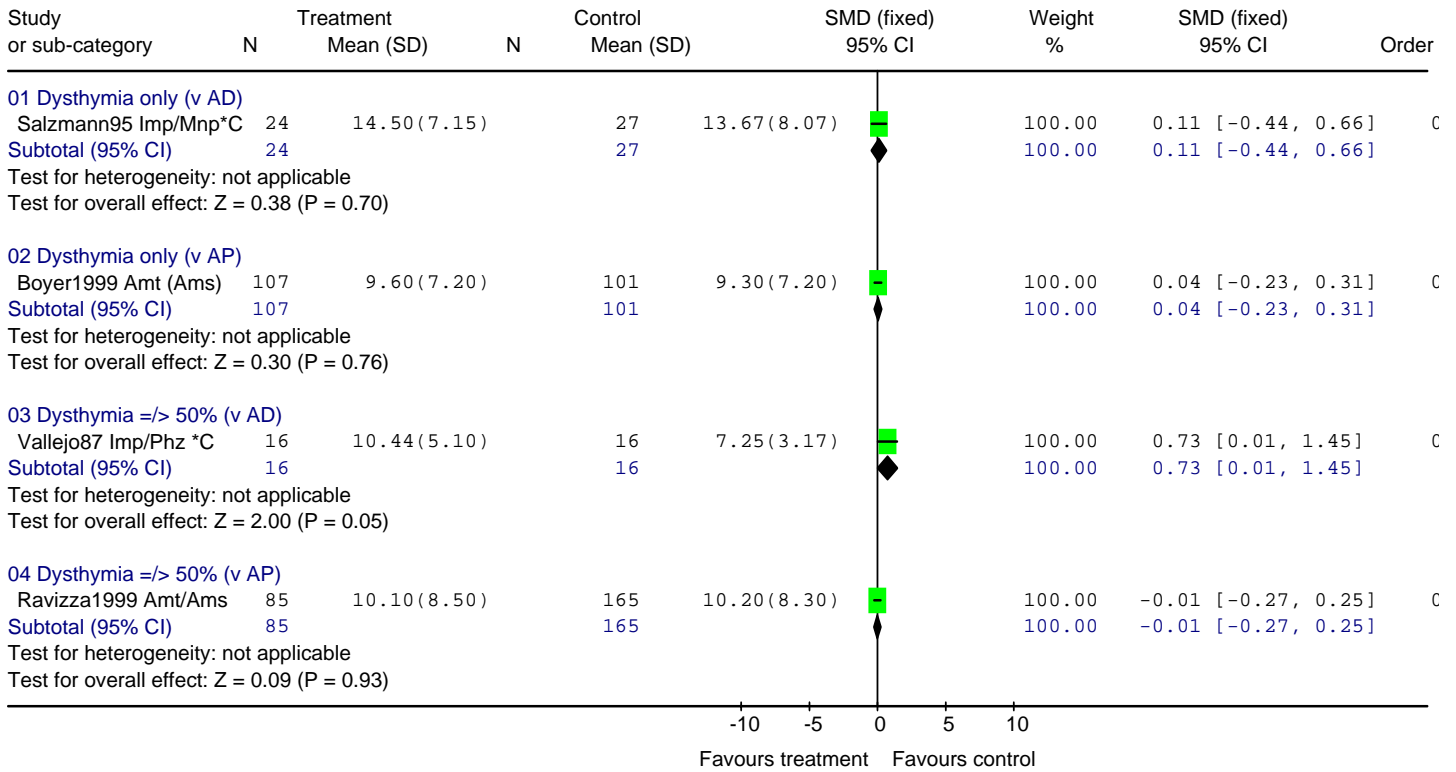
03.05 Mean endpoint (clinician-rated): SSRI

Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 05 Mean endpoint scores (clinician rated): SSRI



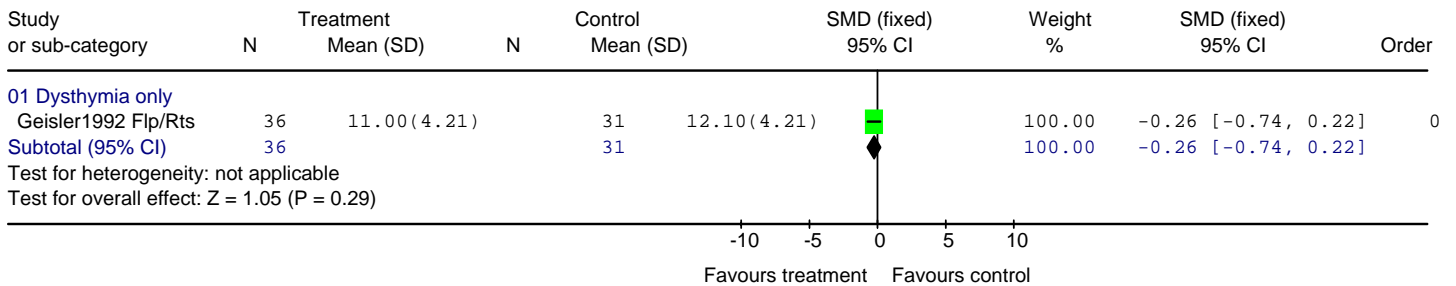
03.06 Mean endpoint (clinician-rated): TCA⁸

Review: Depression Update Subthreshold: Pharm
 Comparison:03 Overall efficacy (head to head)
 Outcome: 06 Mean endpoint scores (clinician rated): TCA



03.07 Mean endpoint (clinician-rated): AP⁹

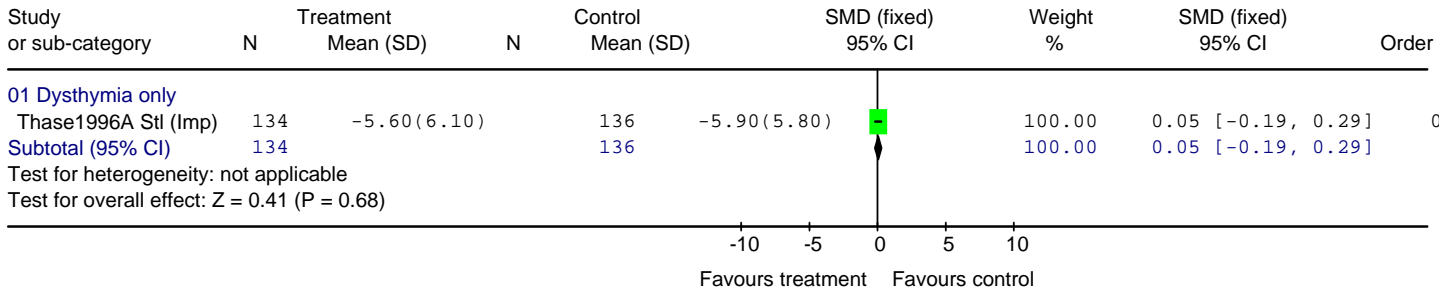
Review: Depression Update Subthreshold: Pharm
 Comparison:03 Overall efficacy (head to head)
 Outcome: 07 Mean endpoint scores (clinician rated): AP



⁸ Phz = phenelzine
⁹ Flp = flupenthixol

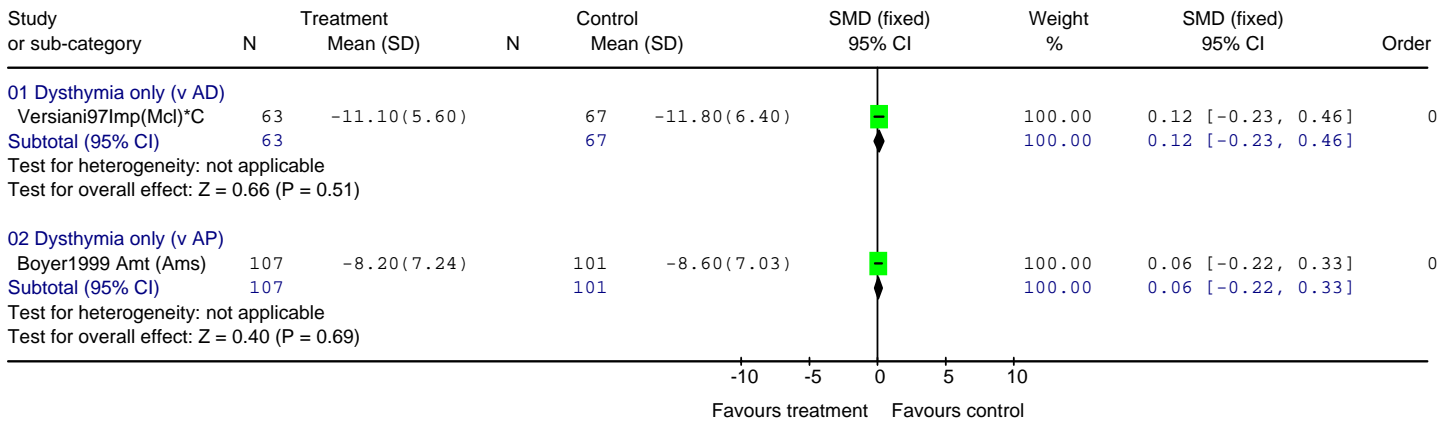
03.08 Mean change at endpoint (clinician-rated): SSRI

Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 08 Mean change (clinician rated): SSRI



03.09 Mean change at endpoint (clinician-rated): TCA

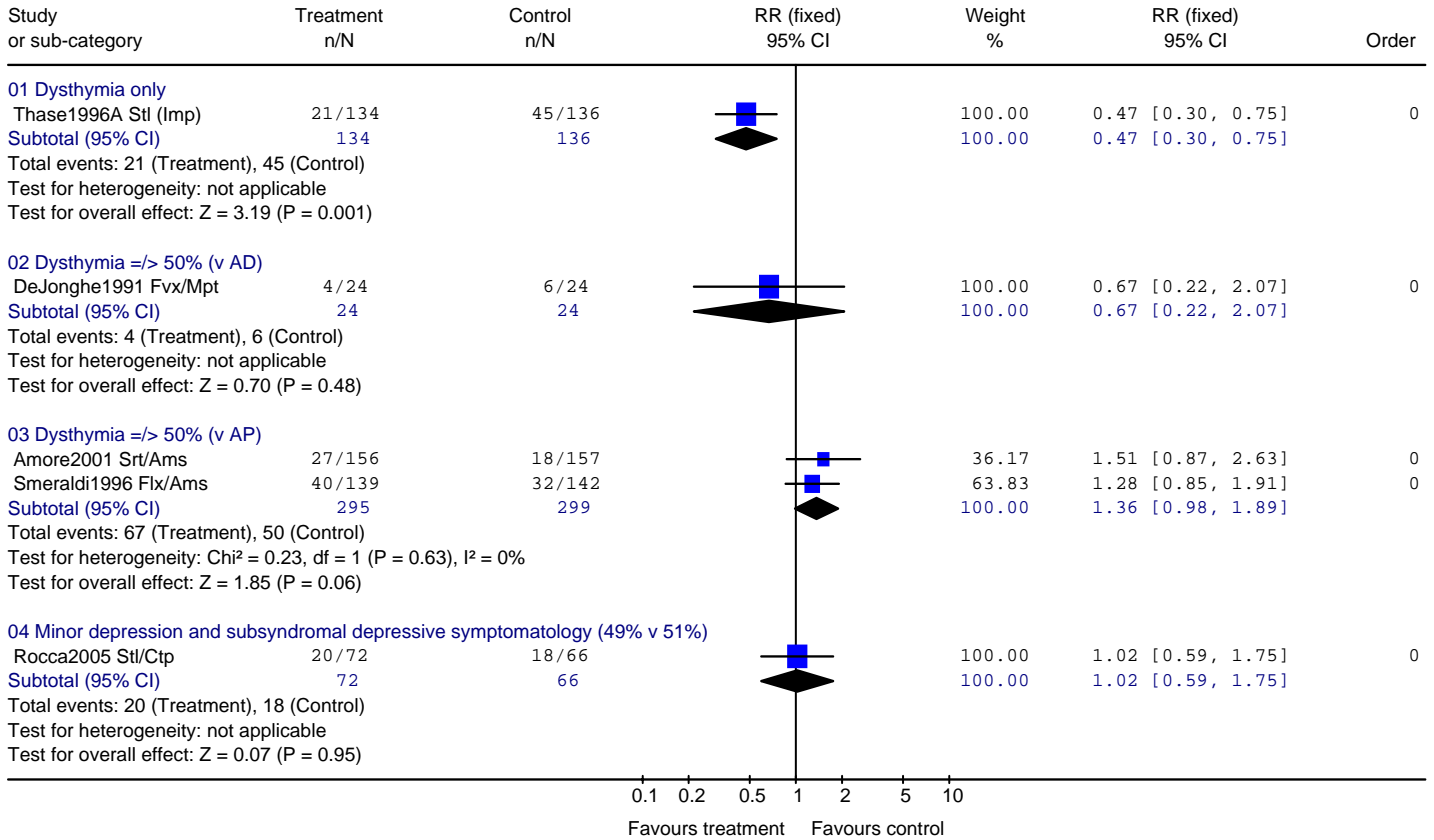
Review: Depression Update Subthreshold: Pharm
 Comparison: 03 Overall efficacy (head to head)
 Outcome: 09 Mean change (clinician rated): TCA



04 Acceptability vs tolerability: active treatment vs active treatment

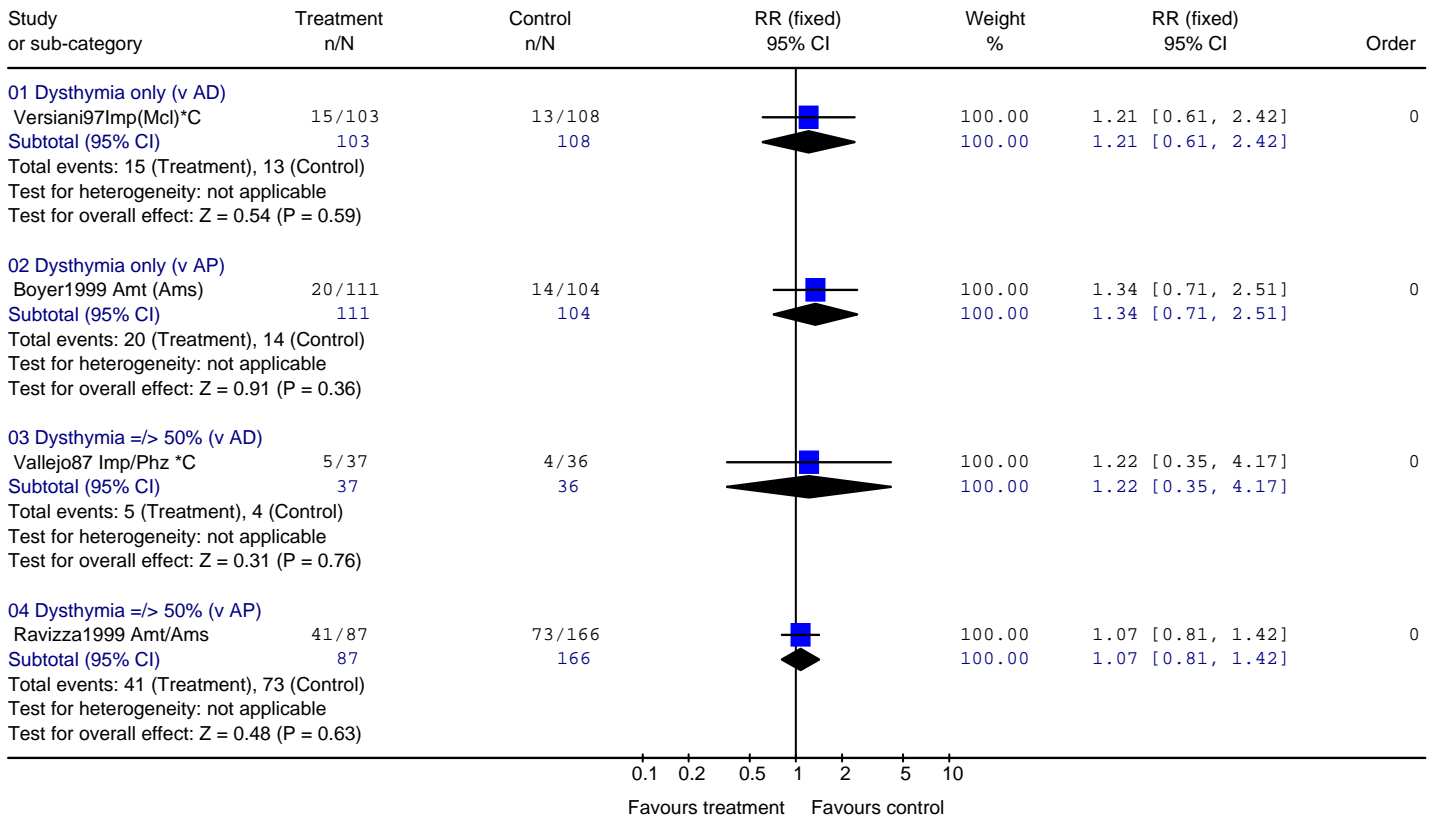
04.01 Dropout at endpoint for any reason: SSRI

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 01 Leaving the study early: SSRI



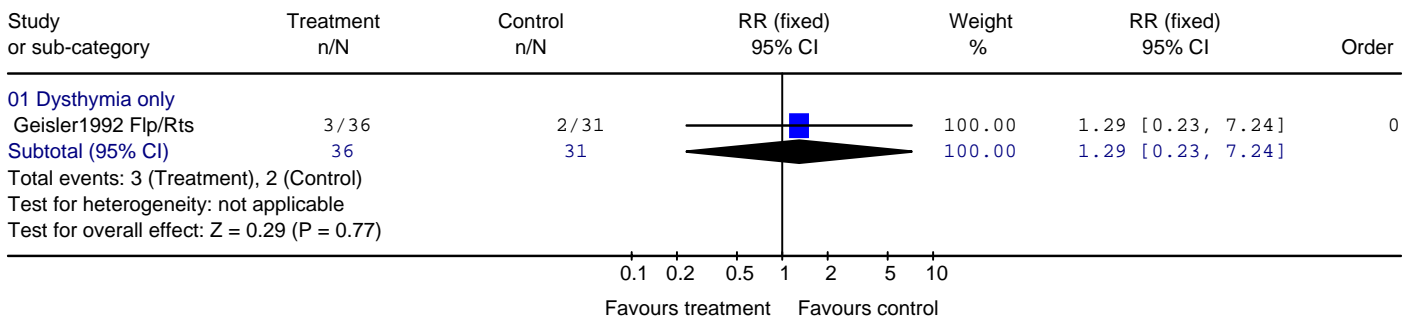
04.02 Dropout at endpoint for any reason: TCA

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 02 Leaving the study early: TCA



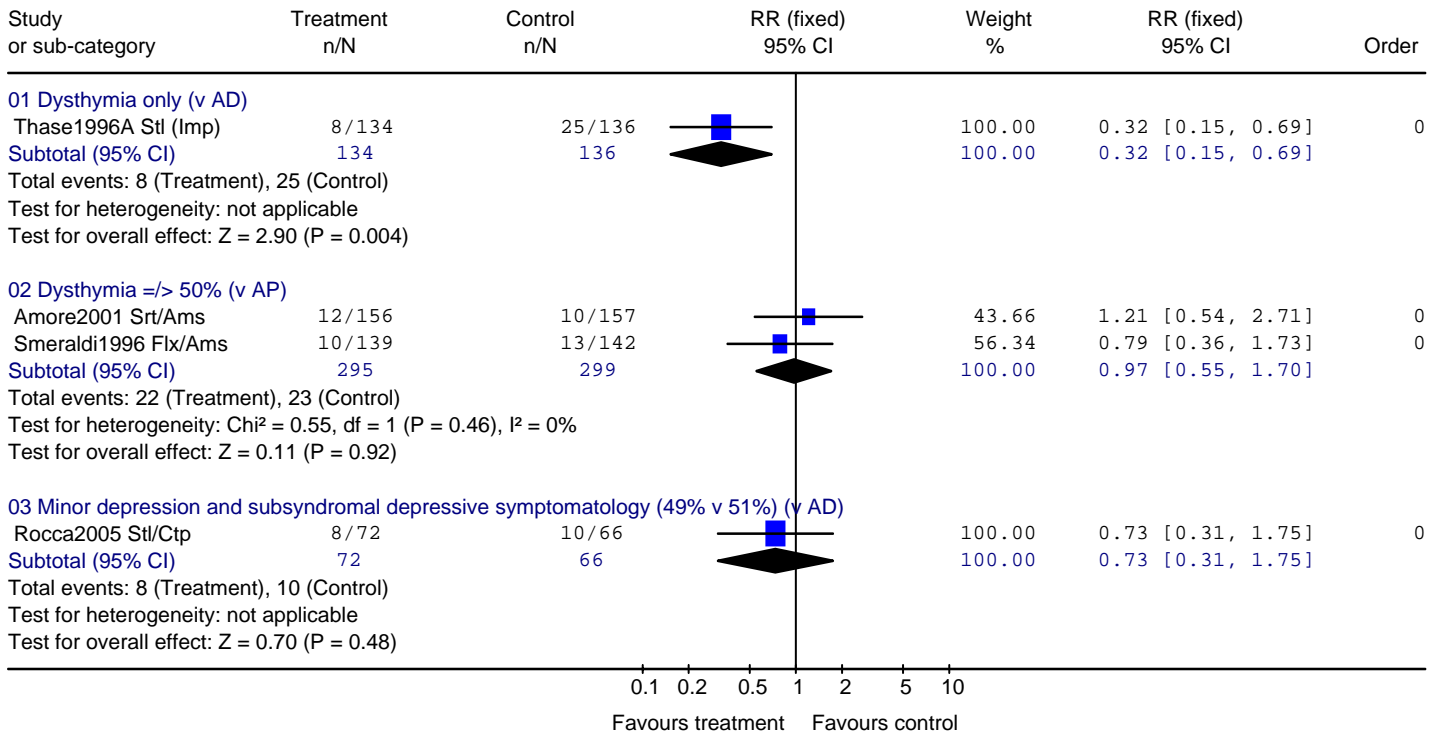
04.03 Dropout at endpoint for any reason: AP

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 03 Leaving the study early: AP



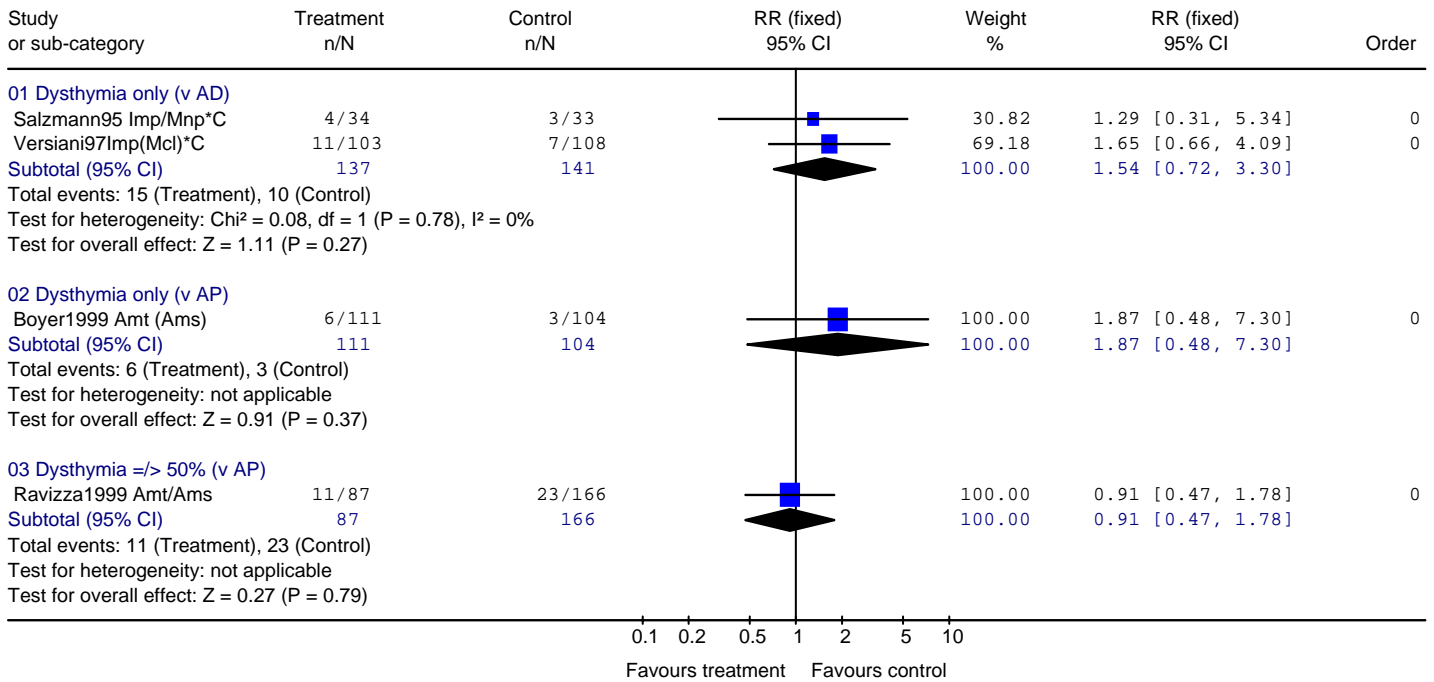
04.04 Dropout at endpoint due to side effects: SSRI

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 04 Leaving the study early due to side effects: SSRI



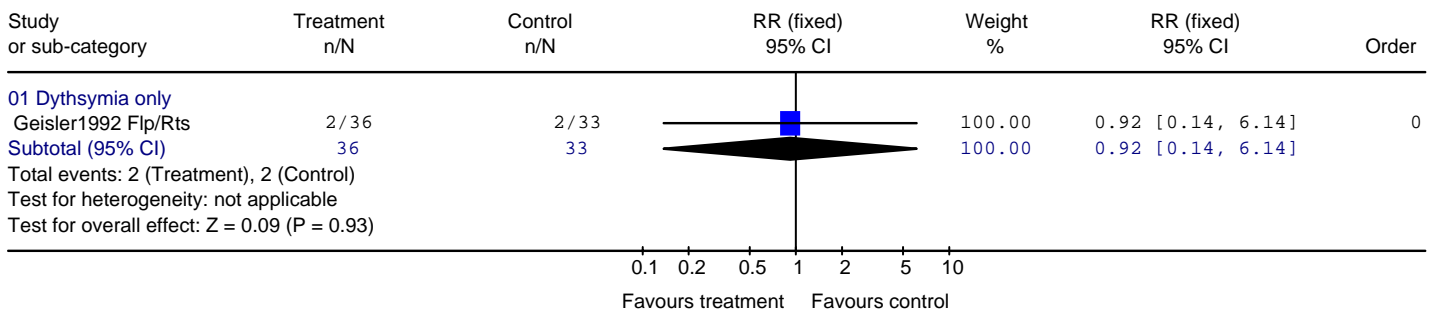
04.05 Dropout at endpoint due to side effects: TCA

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 05 Leaving the study early due to side effects: TCA



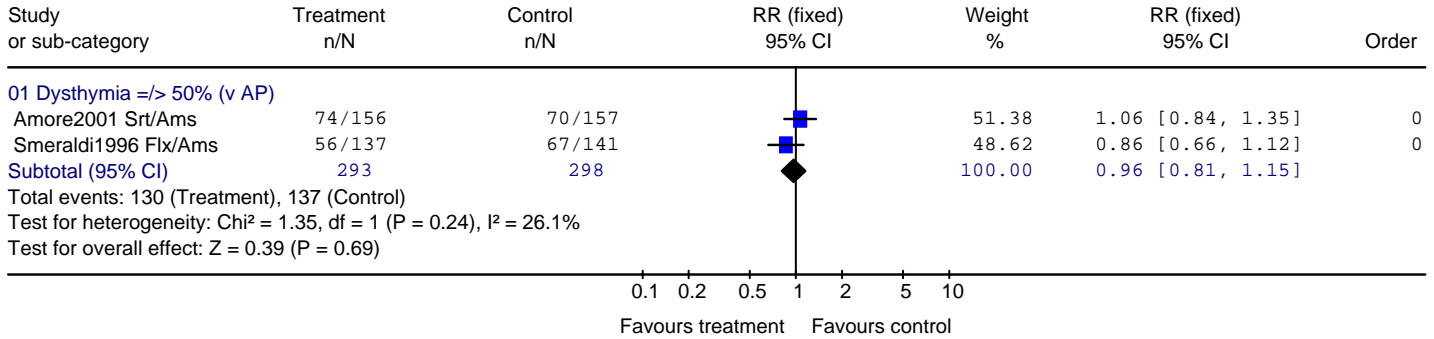
04.06 Dropout at endpoint due to side effects: AP

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 06 Leaving the study early due to side effects: AP



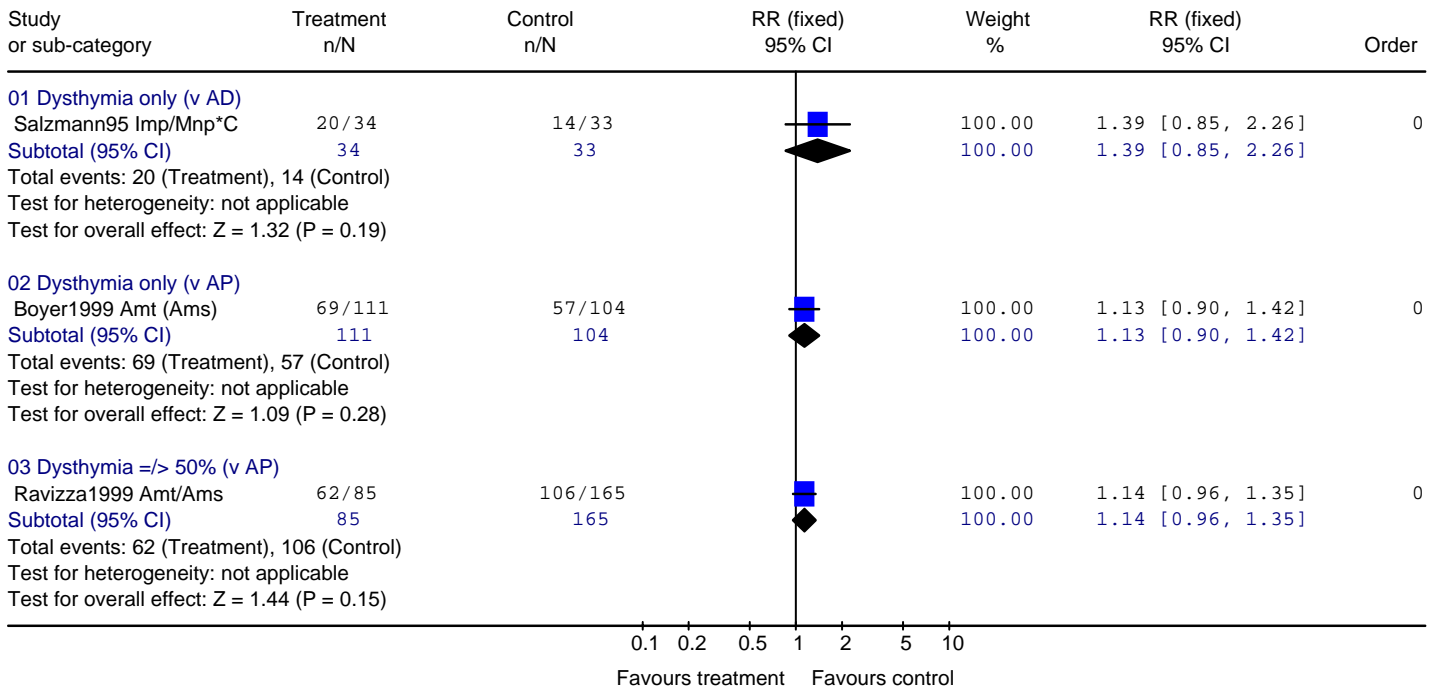
04.07 Number reporting side effects at endpoint: SSRI

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 07 Patients reporting side effects: SSRI



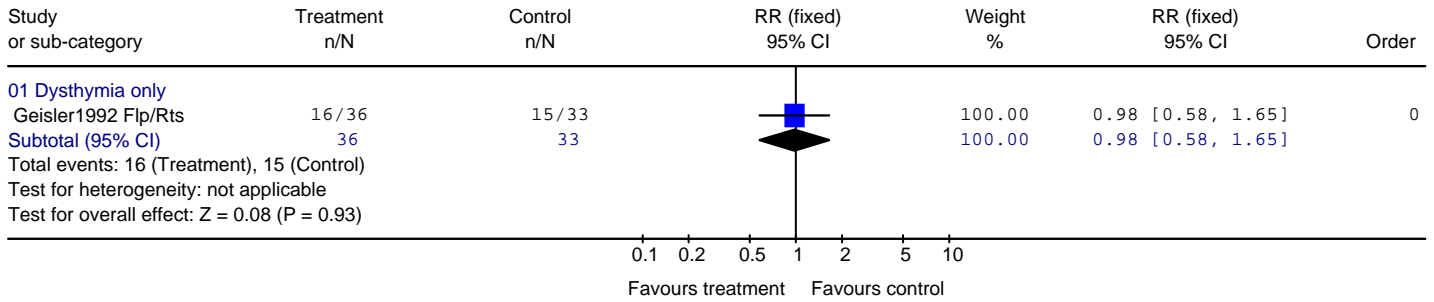
04.08 Number reporting side effects at endpoint: TCA

Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 08 Patients reporting side effects: TCA



04.09 Number reporting side effects at endpoint: AP

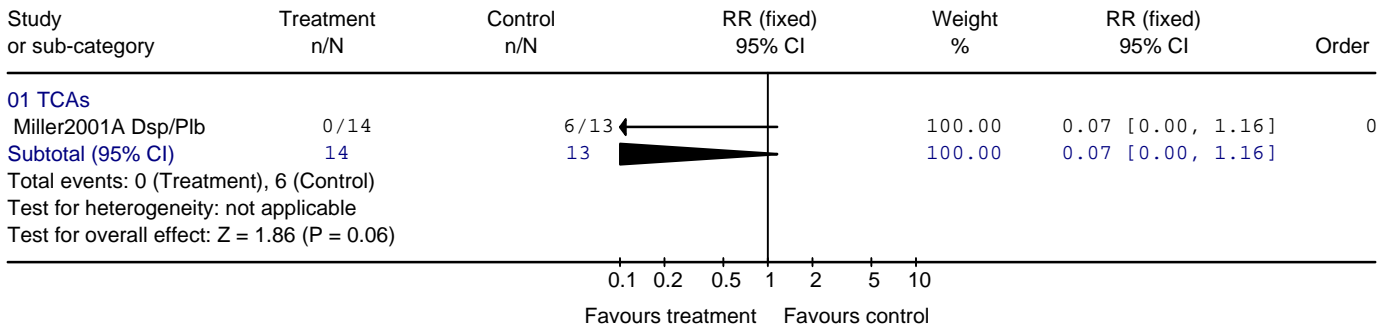
Review: Depression Update Subthreshold: Pharm
 Comparison: 04 Overall acceptability and tolerability (head to head)
 Outcome: 09 Patients reporting side effects: AP



05 Relapse prevention: active treatment vs placebo

05.01 Recurrence at endpoint¹⁰

Review: Depression Update Subthreshold: Pharm
 Comparison: 05 Relapse prevention (versus placebo)
 Outcome: 01 Recurrence



¹⁰ Dsp = desipramine; Plb = placebo

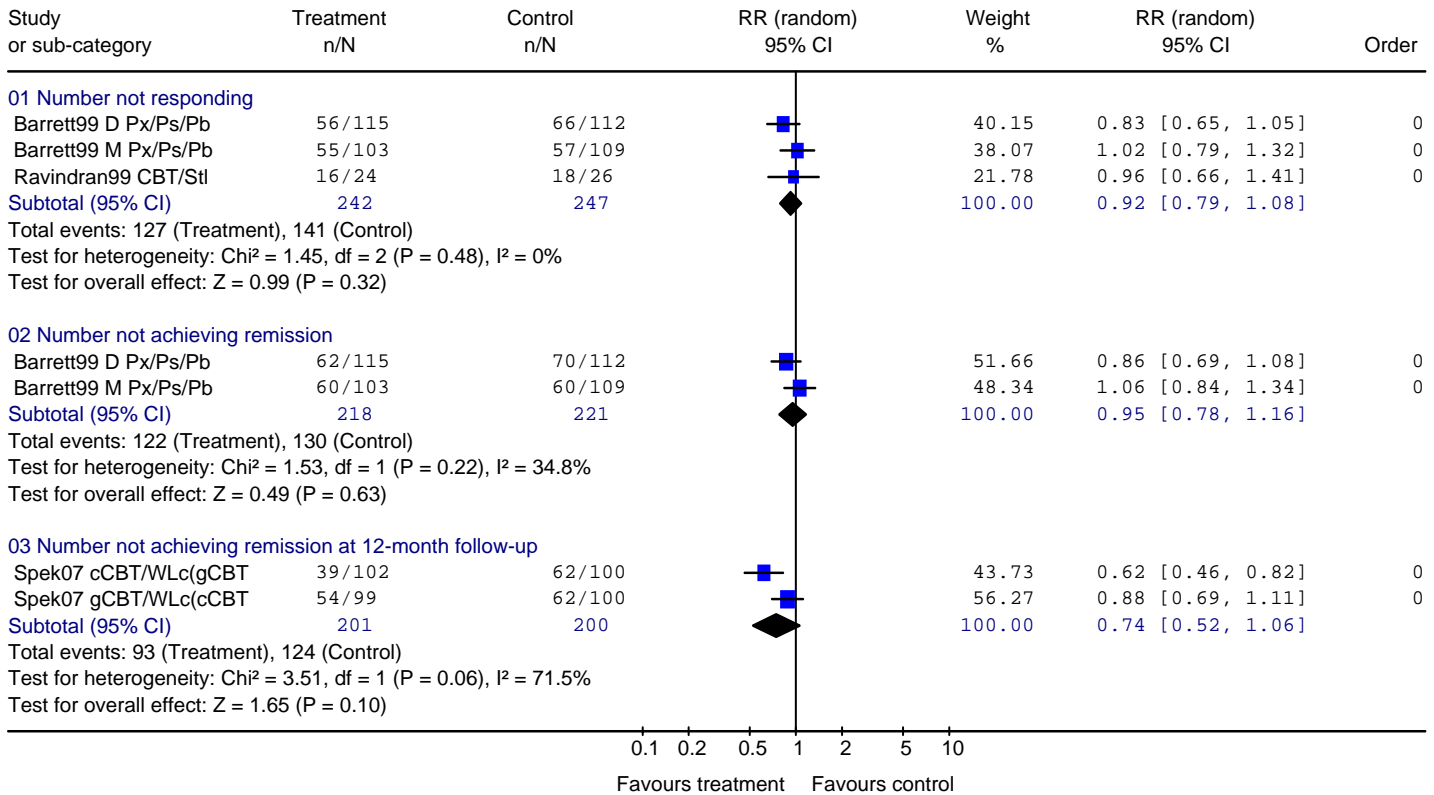
The management of minor (subthreshold) depression: psychological interventions

The management of minor (subthreshold) depression: psychological interventions.....	21
01 Psychological therapies vs control.....	22
01.01 Dichotomous outcomes at endpoint and follow-up	22
01.02 Continuous outcomes at endpoint and follow-up	23
01.03 Dropout at endpoint	24
02 Psychological therapies vs antidepressants.....	24
02.01 Dichotomous outcomes at endpoint.....	24
02.02 Continuous outcomes at endpoint and follow-up	25
02.03 Dropout at endpoint	26
03 Psychological therapies + antidepressants vs antidepressants	26
03.01 Dichotomous outcomes at endpoint.....	26
03.02 Continuous outcomes at endpoint and follow-up	27
03.03 Dropout at endpoint	27
04 Psychological therapies + antidepressants vs psychological therapies.....	28
04.01 Dichotomous outcomes at endpoint.....	28
04.02 Continuous outcomes at endpoint and follow-up	28
04.03 Dropout at endpoint	29
05 Exercise vs psychoeducation	29
05.01 Continuous outcomes at endpoint and continuation	29
05.02 Continuous outcomes at endpoint, continuation and follow-up	30
05.03 Dropout at endpoint	30
06 Aerobic exercise + resistance training vs aerobic exercise.....	31
06.01 Dichotomous outcomes at endpoint.....	31
06.02 Continuous outcomes at endpoint and follow-up	31
06.03 Dropout at endpoint	32
07 Short psychodynamic verbal therapy vs short psychodynamic art therapy	32
07.01 Continuous outcomes at endpoint and follow-up	32
07.02 Dropout at endpoint	33
08 Partial responders: Psych therapy + SSRI vs SSRI	33
08.01 Dichotomous outcomes at endpoint.....	33
08.02 Dropout at endpoint	34

01 Psychological therapies vs control

01.01 Dichotomous outcomes at endpoint and follow-up¹¹

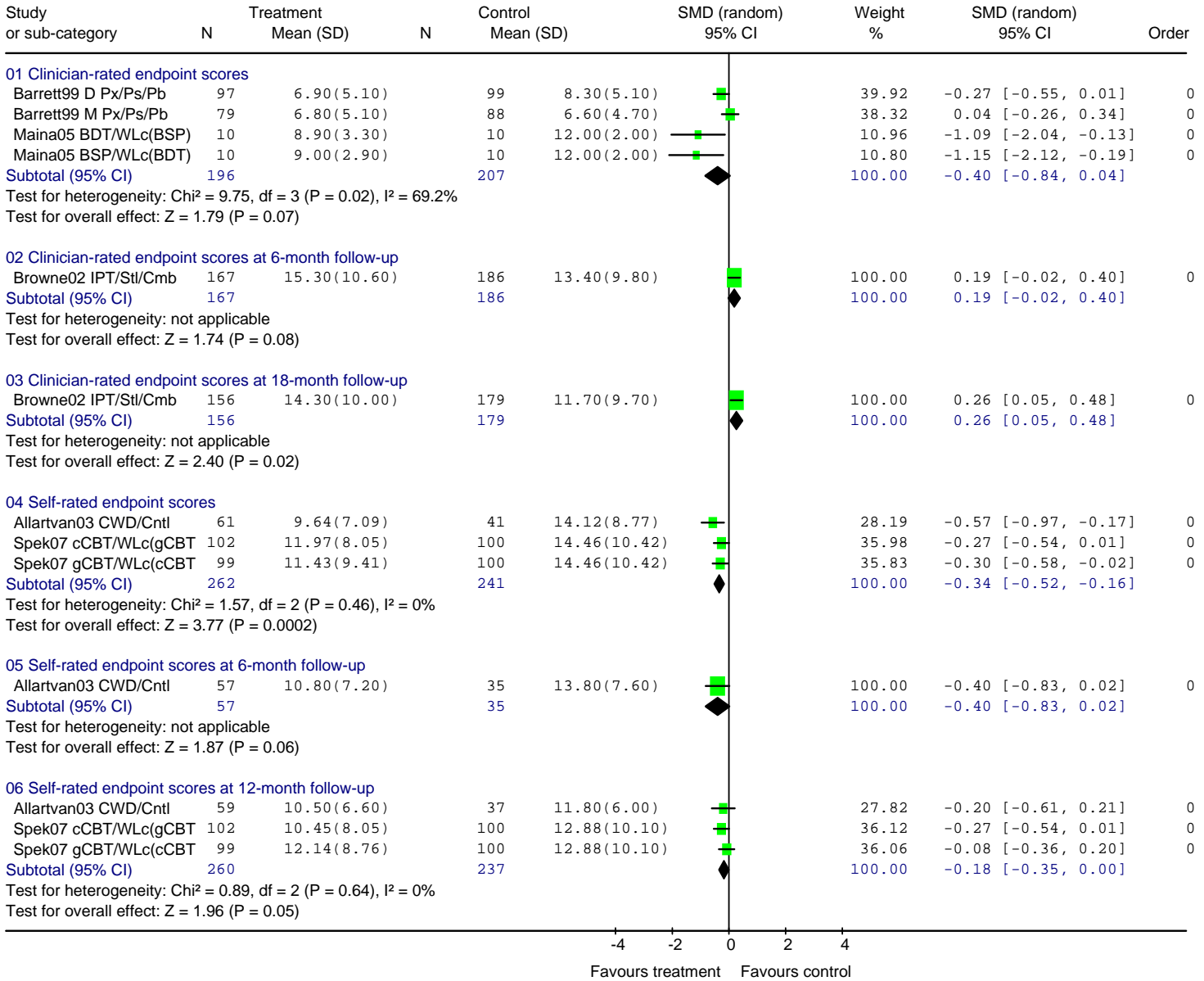
Review: Depression Update Subthreshold: Psych
 Comparison: 01 Psychological therapies vs control
 Outcome: 01 Efficacy data



¹¹ Px = paroxetine; Ps = problem solving therapy; pb = placebo; CBT = cognitive behavioural therapy; Stl = Sertraline; cCBT = computerised CBT; gCBT = group CBT; WLc = wait-list control

01.02 Continuous outcomes at endpoint and follow-up¹²

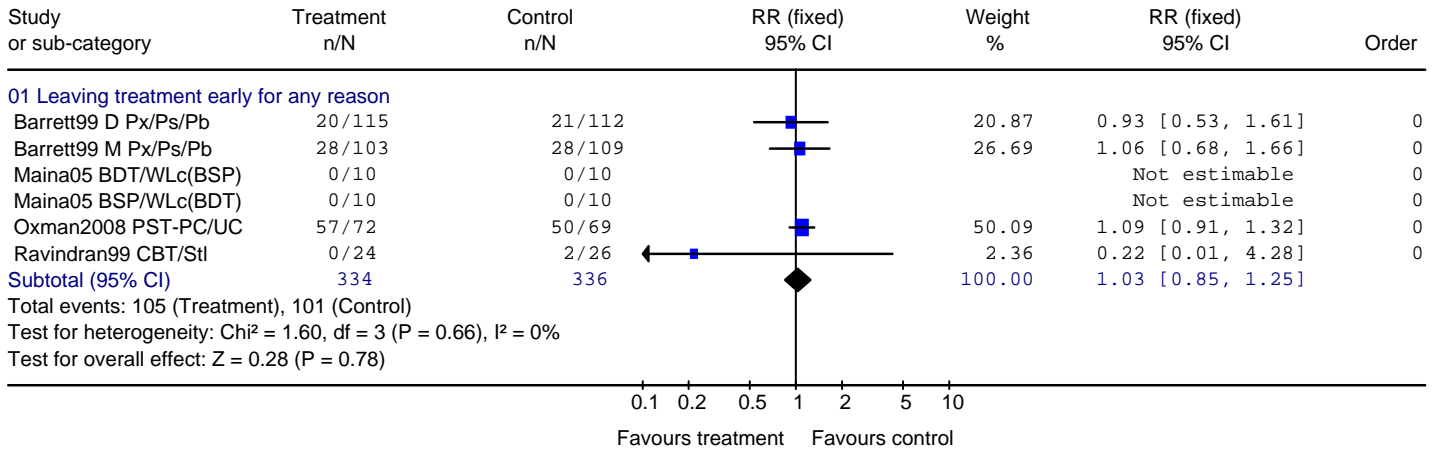
Review: Depression Update Subthreshold: Psych
 Comparison: 01 Psychological therapies vs control
 Outcome: 02 Efficacy data (continuous)



¹² D = dysthymia; M = minor depression; BDT = brief dynamic therapy; BSP = brief supportive therapy; IPT = interpersonal therapy; Cmb = combined; CWD = coping with depression course; Cntl = control

01.03 Dropout at endpoint¹³

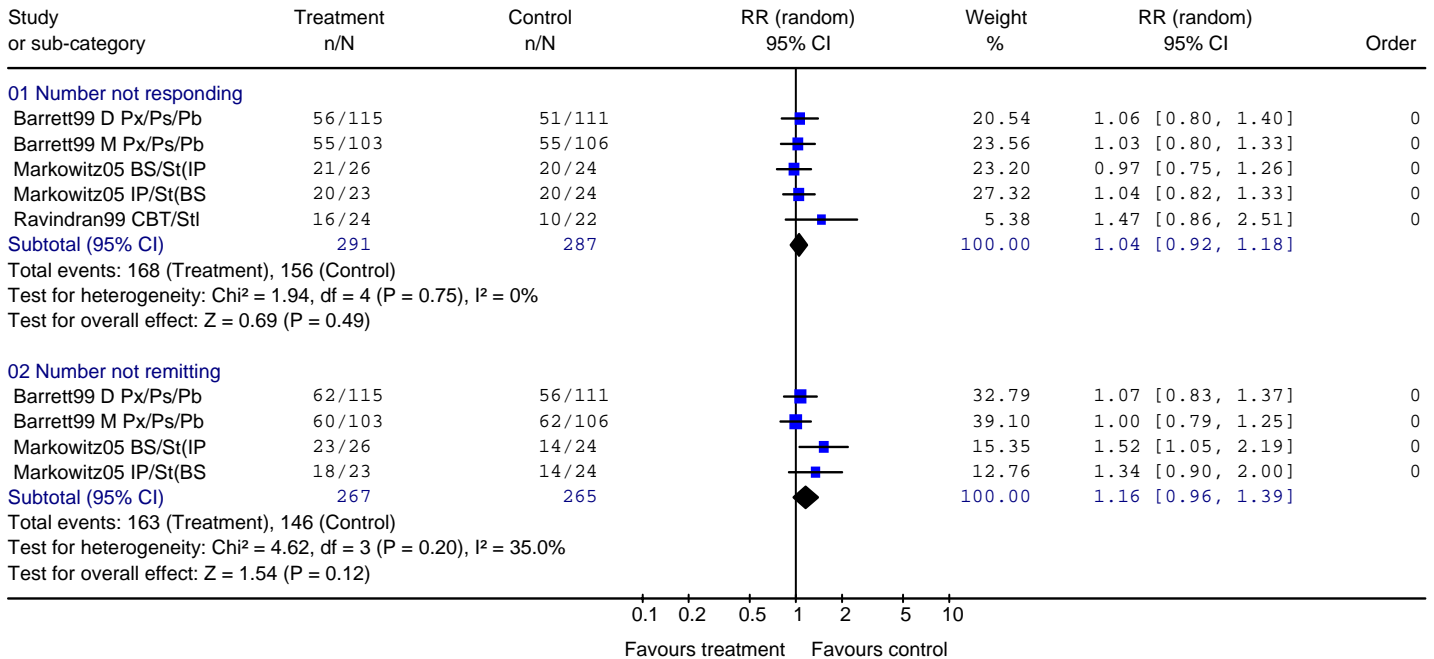
Review: Depression Update Subthreshold: Psych
 Comparison: 01 Psychological therapies vs control
 Outcome: 03 Acceptability and tolerability data



02 Psychological therapies vs antidepressants

02.01 Dichotomous outcomes at endpoint

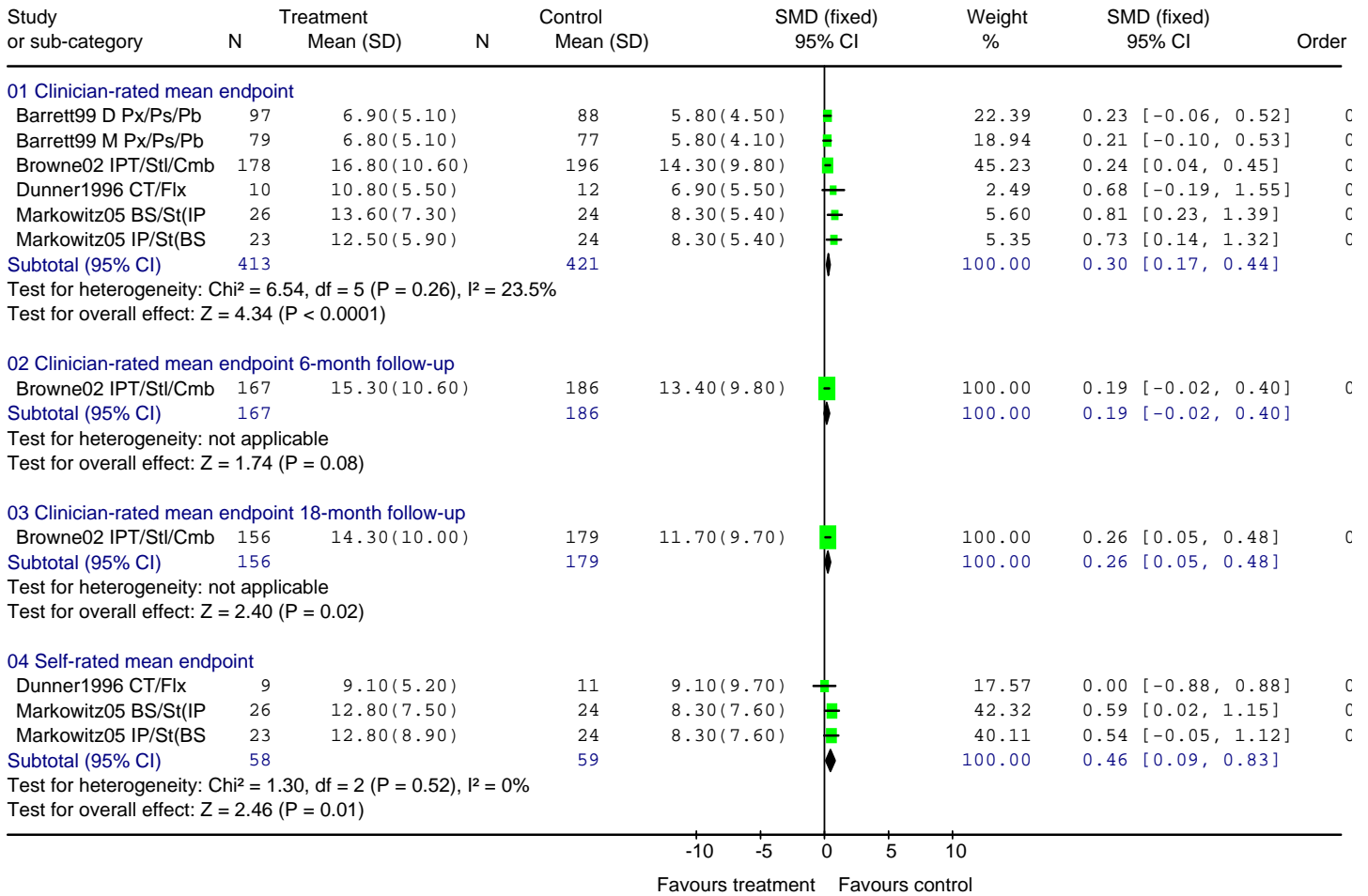
Review: Depression Update Subthreshold: Psych
 Comparison: 02 Psychological therapies vs antidepressants
 Outcome: 01 Efficacy data



¹³ PST-PC = problem solving therapy - primary care; UC = usual care; IP = interpersonal therapy for dysthymic disorder

02.02 Continuous outcomes at endpoint and follow-up¹⁴

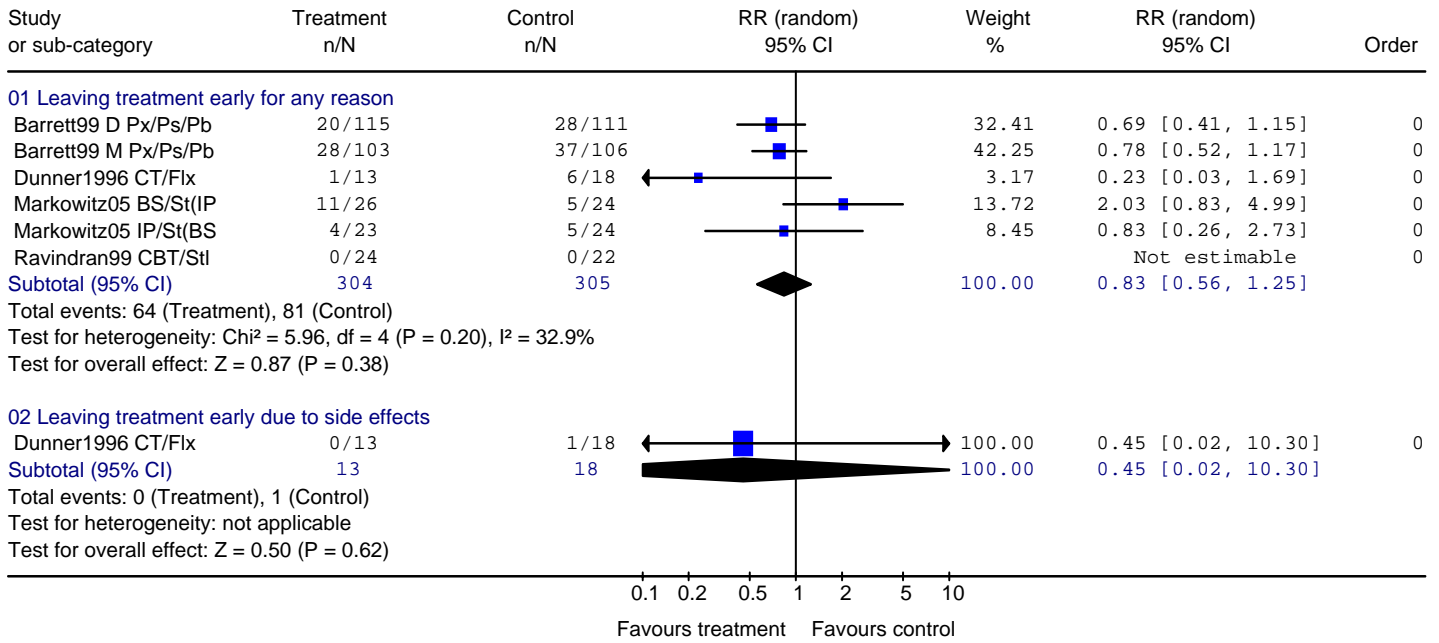
Review: Depression Update Subthreshold: Psych
 Comparison02 Psychological therapies vs antidepressants
 Outcome: 02 Efficacy data (continuous)



¹⁴ CT = cognitive therapy; Flx = fluoxetine; BS = brief supportive therapy

02.03 Dropout at endpoint

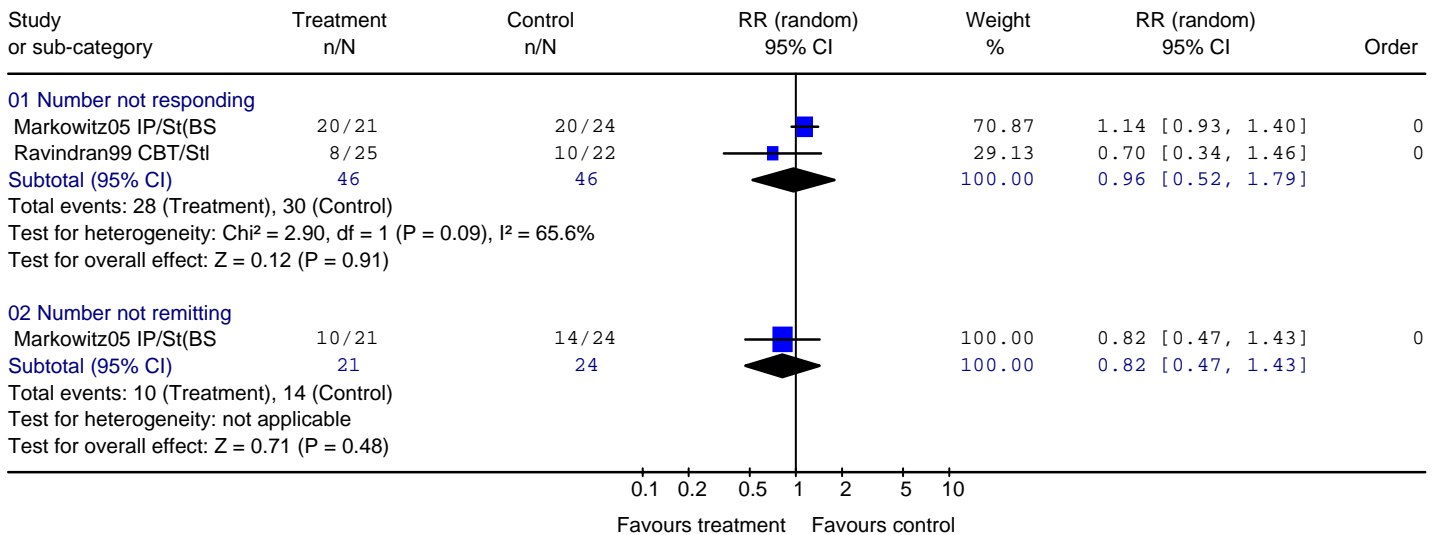
Review: Depression Update Subthreshold: Psych
 Comparison: 02 Psychological therapies vs antidepressants
 Outcome: 03 Acceptability and tolerability data



03 Psychological therapies + antidepressants vs antidepressants

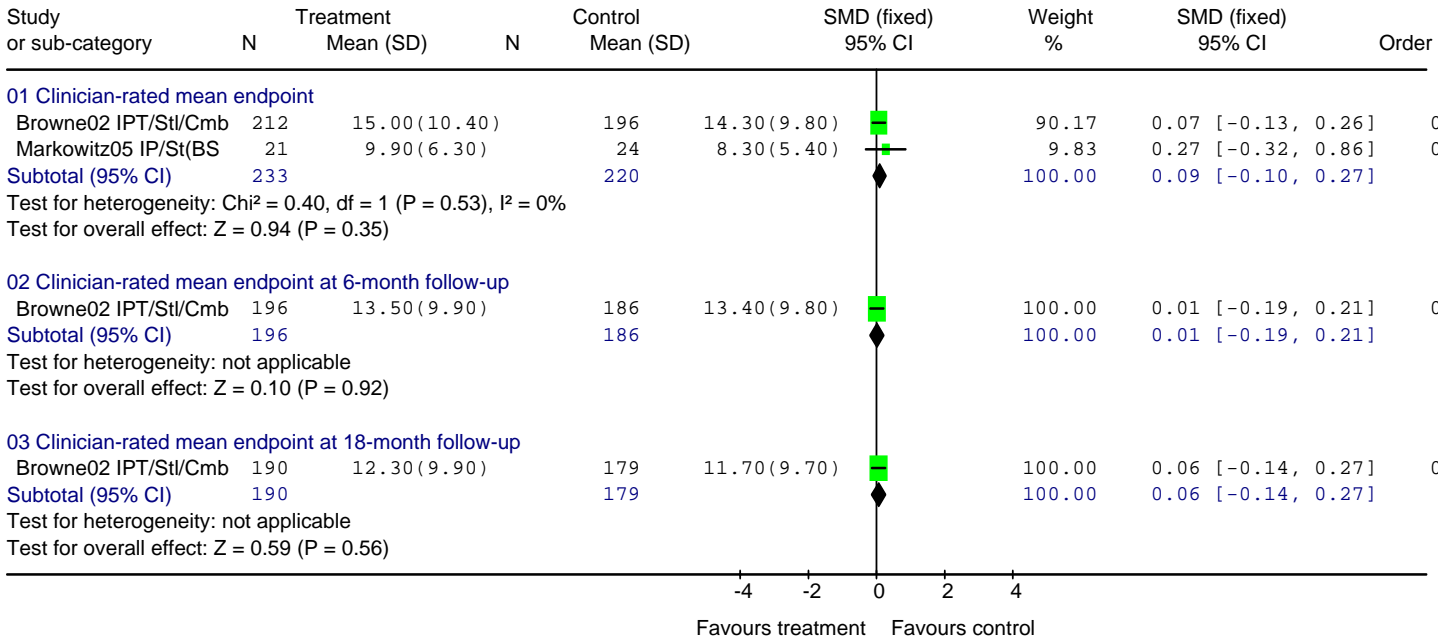
03.01 Dichotomous outcomes at endpoint

Review: Depression Update Subthreshold: Psych
 Comparison: 03 Psychological therapies + antidepressants vs antidepressants
 Outcome: 01 Efficacy data



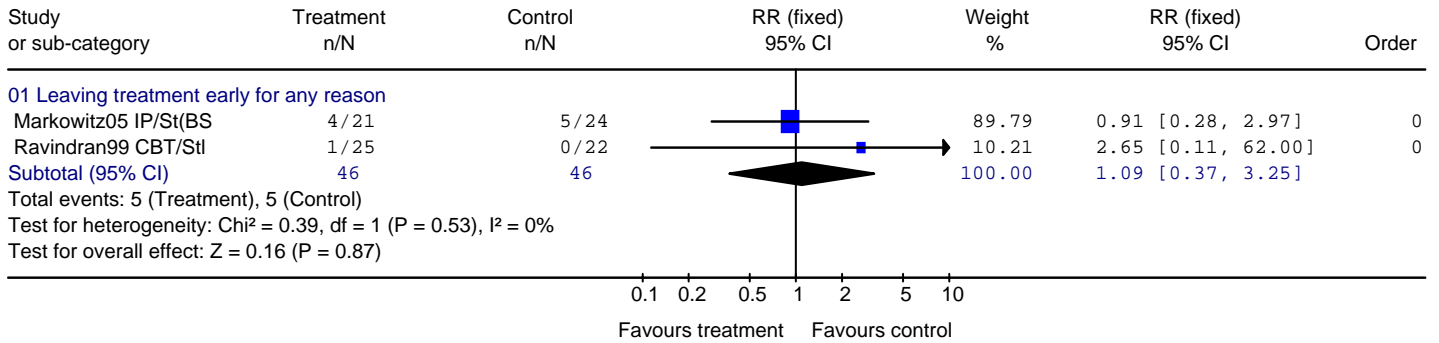
03.02 Continuous outcomes at endpoint and follow-up

Review: Depression Update Subthreshold: Psych
 Comparison: 03 Psychological therapies + antidepressants vs antidepressants
 Outcome: 02 Efficacy data (continuous)



03.03 Dropout at endpoint

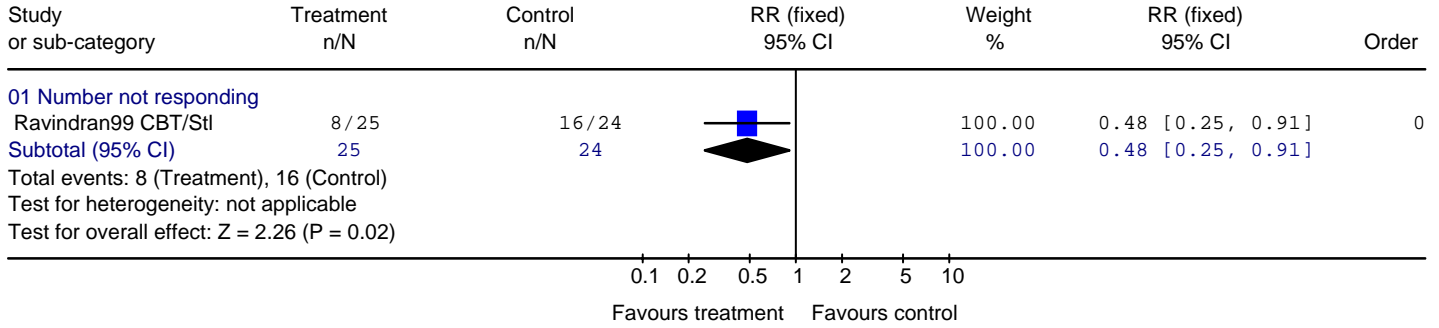
Review: Depression Update Subthreshold: Psych
 Comparison: 03 Psychological therapies + antidepressants vs antidepressants
 Outcome: 03 Acceptability and tolerability data



04 Psychological therapies + antidepressants vs psychological therapies

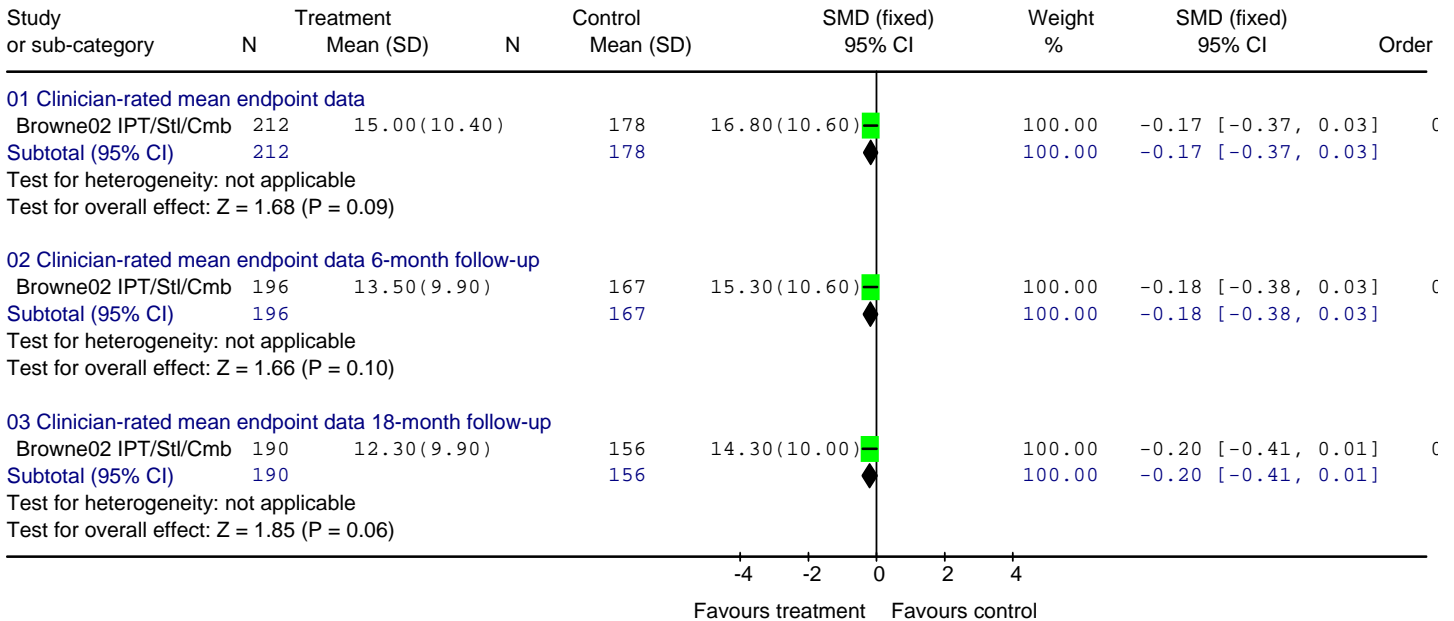
04.01 Dichotomous outcomes at endpoint

Review: Depression Update Subthreshold: Psych
 Comparison: 04 Psychological therapies + antidepressants vs psychological therapies
 Outcome: 01 Efficacy data



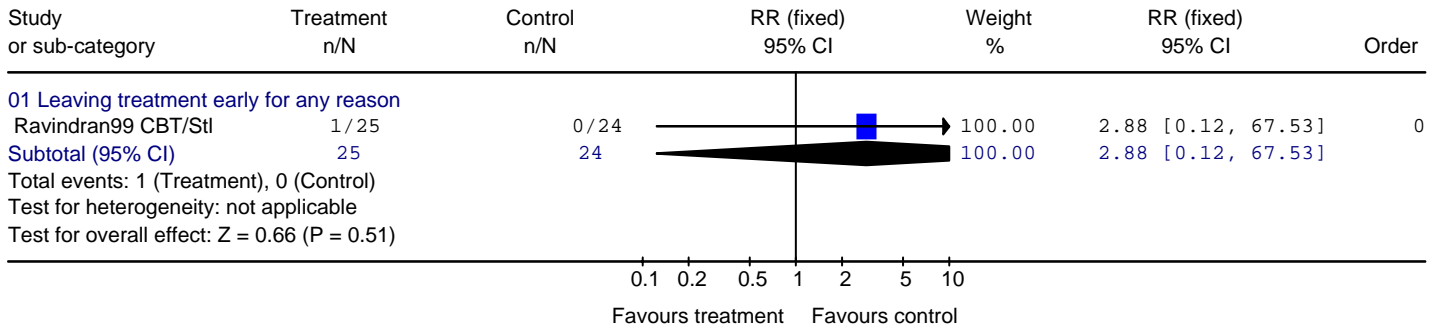
04.02 Continuous outcomes at endpoint and follow-up

Review: Depression Update Subthreshold: Psych
 Comparison: 04 Psychological therapies + antidepressants vs psychological therapies
 Outcome: 02 Efficacy data (continuous)



04.03 Dropout at endpoint

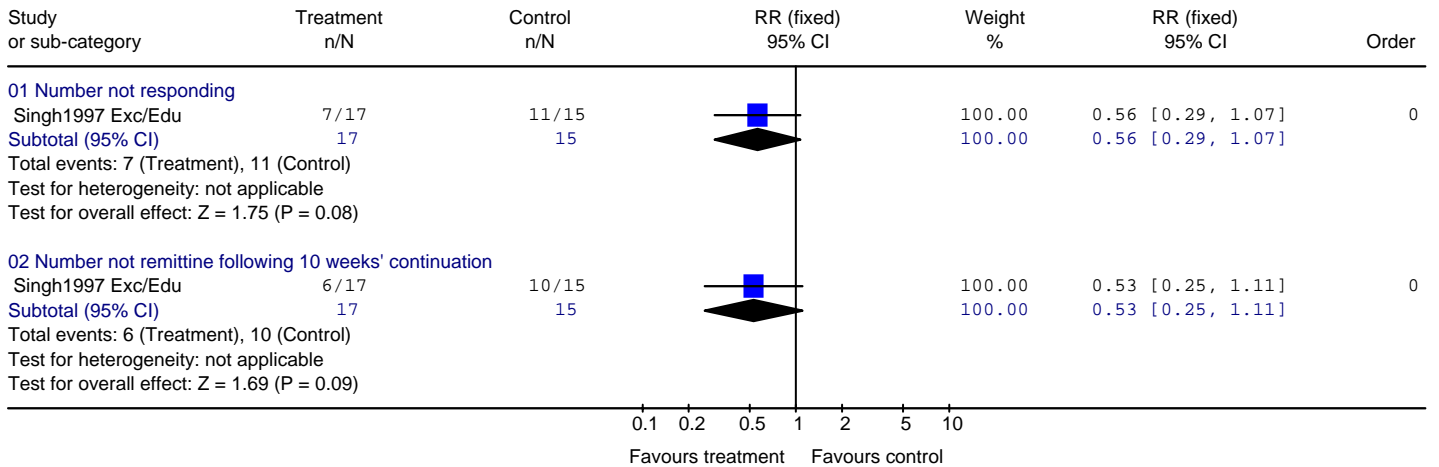
Review: Depression Update Subthreshold: Psych
 Comparison: 04 Psychological therapies + antidepressants vs psychological therapies
 Outcome: 03 Acceptability and tolerability data



05 Exercise vs psychoeducation

05.01 Continuous outcomes at endpoint and continuation¹⁵

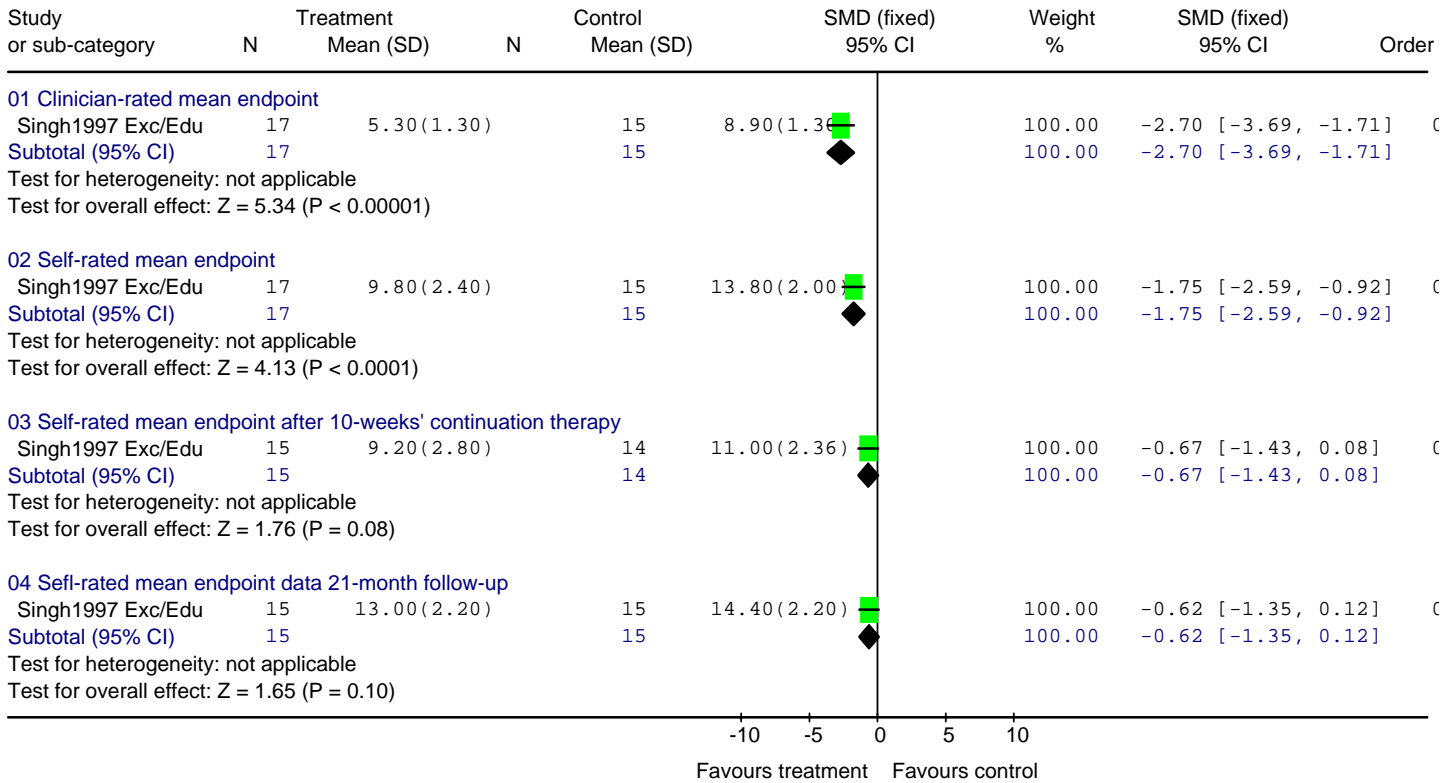
Review: Depression Update Subthreshold: Psych
 Comparison: 05 Exercise vs psychoeducation
 Outcome: 01 Efficacy data



¹⁵ Exc = exercise; Edu = psychoeducation

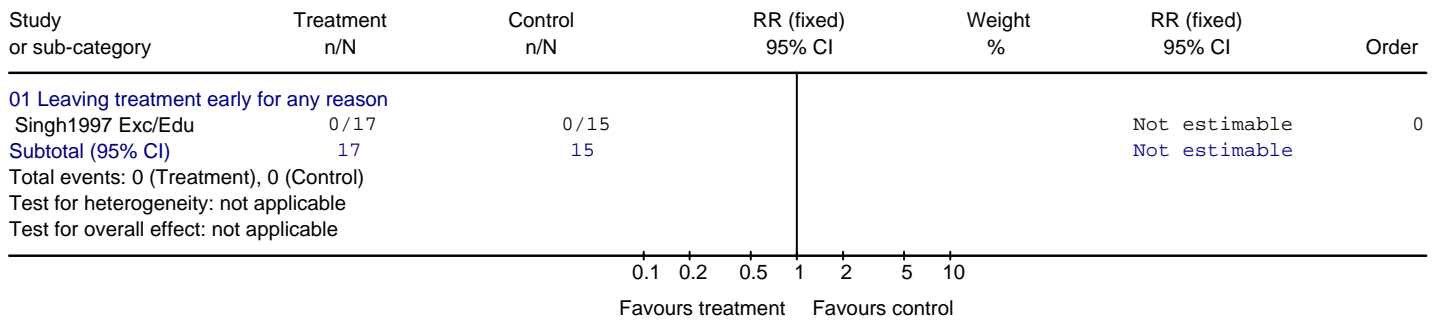
05.02 Continuous outcomes at endpoint, continuation and follow-up

Review: Depression Update Subthreshold: Psych
 Comparison: 05 Exercise vs psychoeducation
 Outcome: 02 Efficacy data (continuous)



05.03 Dropout at endpoint

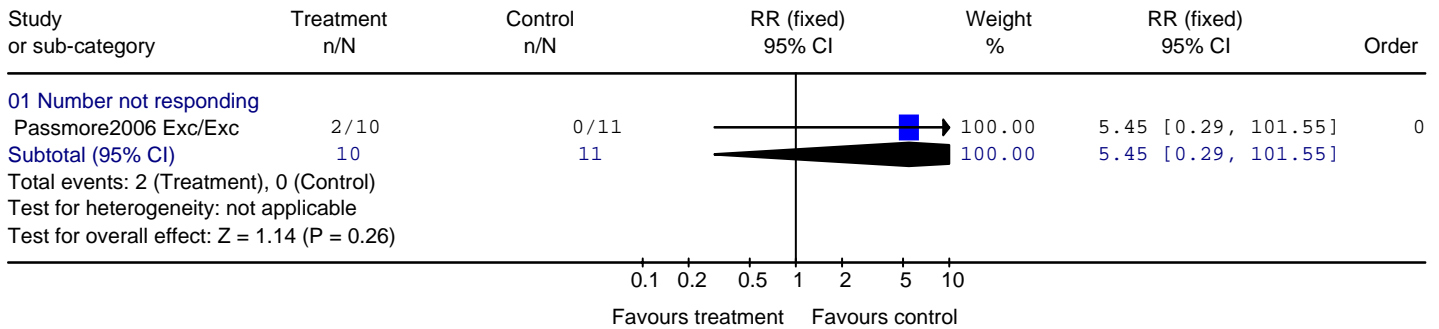
Review: Depression Update Subthreshold: Psych
 Comparison: 05 Exercise vs psychoeducation
 Outcome: 03 Acceptability and tolerability data



06 Aerobic exercise + resistance training vs aerobic exercise

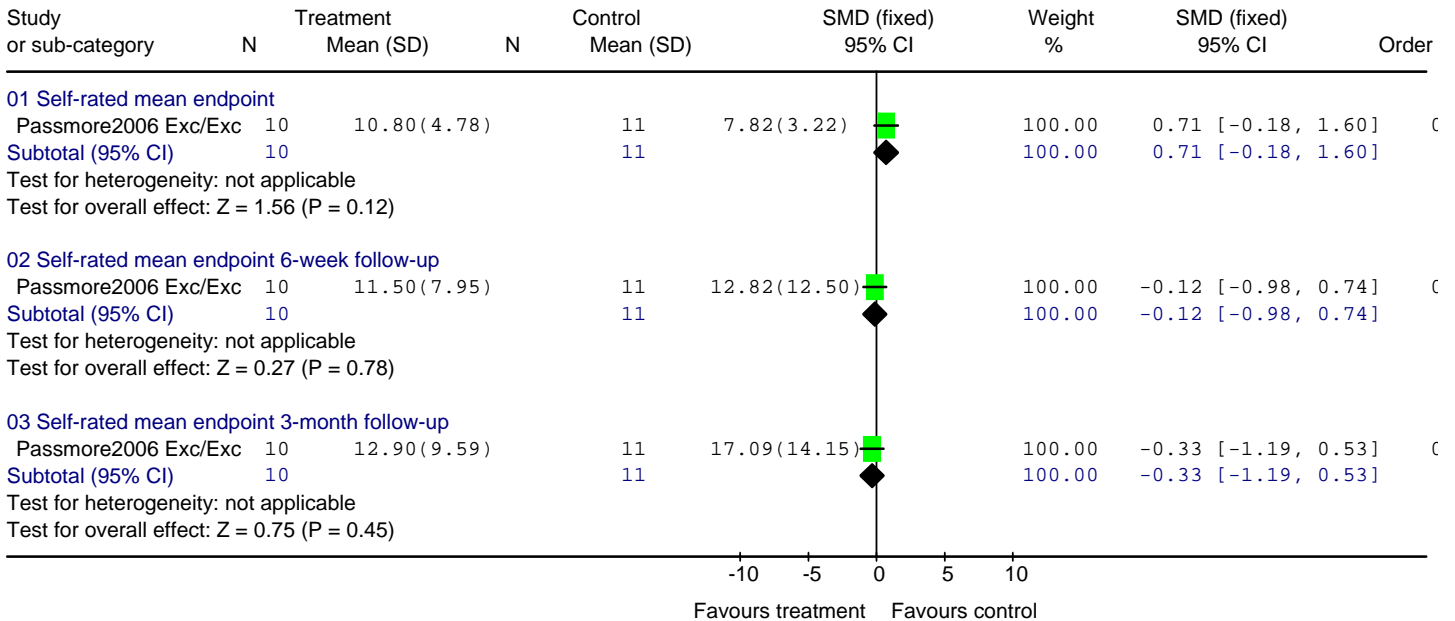
06.01 Dichotomous outcomes at endpoint

Review: Depression Update Subthreshold: Psych
 Comparison: 06 Aerobic exercise + resistance training vs aerobic exercise
 Outcome: 01 Efficacy data



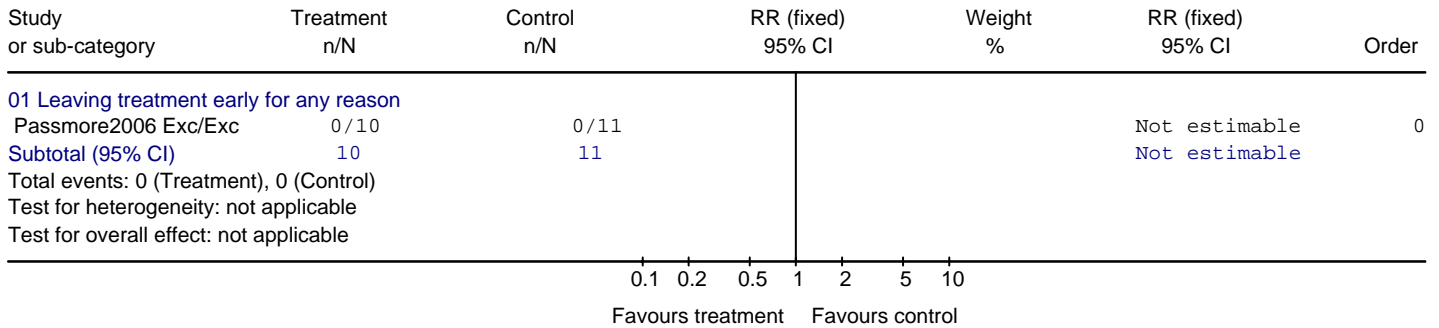
06.02 Continuous outcomes at endpoint and follow-up

Review: Depression Update Subthreshold: Psych
 Comparison: 06 Aerobic exercise + resistance training vs aerobic exercise
 Outcome: 02 Efficacy data (continuous)



06.03 Dropout at endpoint

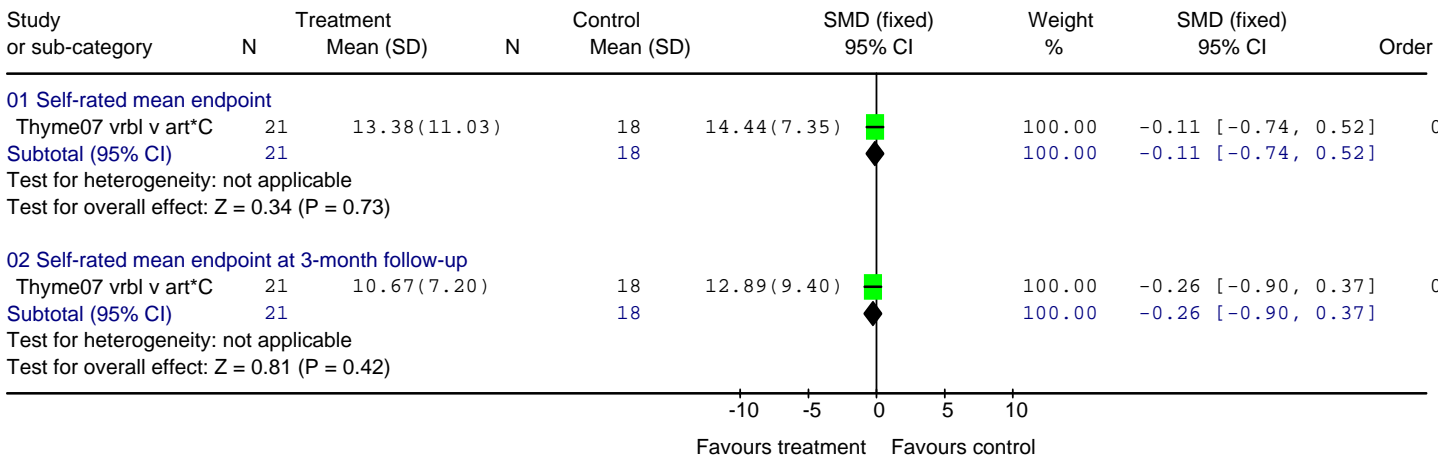
Review: Depression Update Subthreshold: Psych
 Comparison: 06 Aerobic exercise + resistance training vs aerobic exercise
 Outcome: 03 Acceptability and tolerability data



07 Short psychodynamic verbal therapy vs short psychodynamic art therapy

07.01 Continuous outcomes at endpoint and follow-up¹⁶

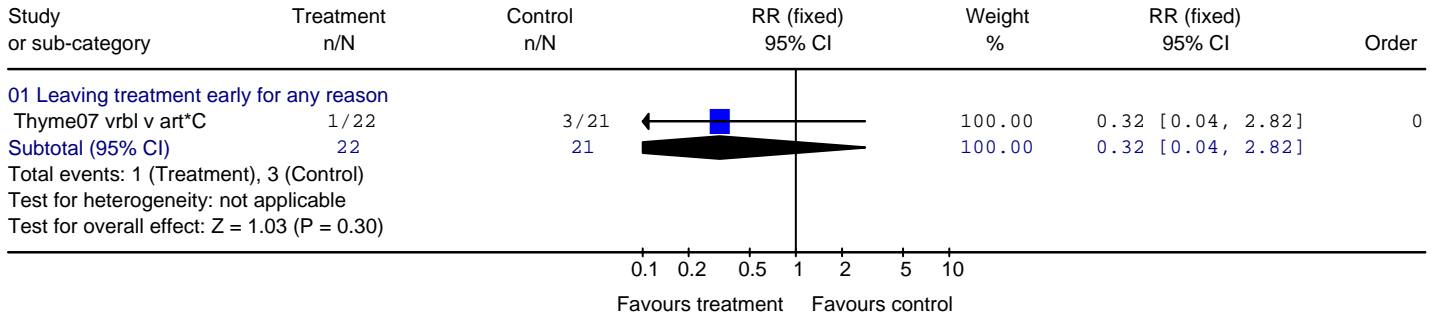
Review: Depression Update Subthreshold: Psych
 Comparison: 07 Short Psychodynamic Verbal v Short Psychodynamic Art
 Outcome: 01 Efficacy data



¹⁶ vrbl = verbal; *C = completers analysis

07.02 Dropout at endpoint

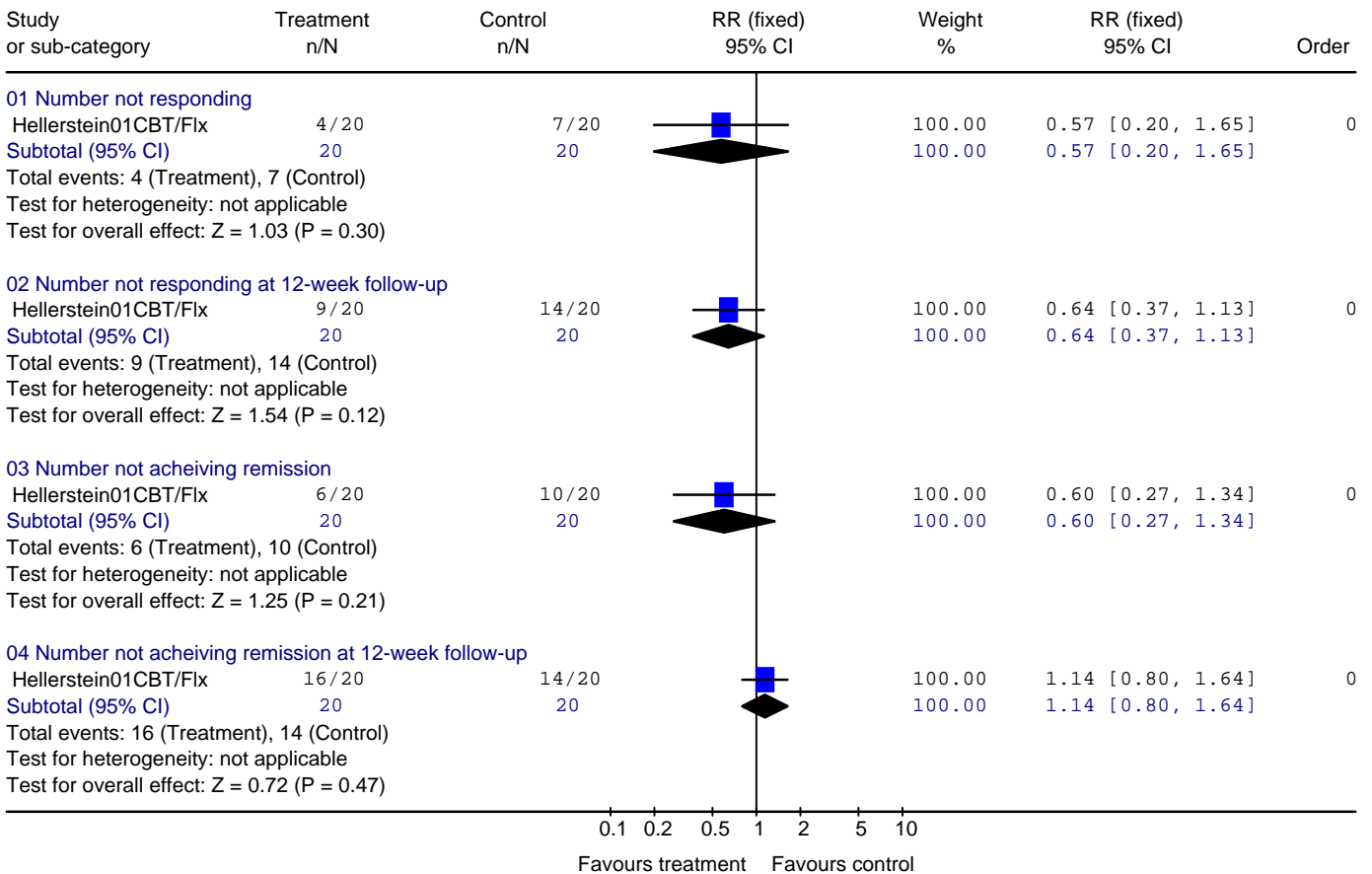
Review: Depression Update Subthreshold: Psych
 Comparison: 07 Short Psychodynamic Verbal v Short Psychodynamic Art
 Outcome: 02 Acceptability and tolerability data



08 Partial responders: Psych therapy + SSRI vs SSRI

08.01 Dichotomous outcomes at endpoint

Review: Depression Update Subthreshold: Psych
 Comparison: 08 Partial responders: Psych/SSRI combo v SSRI
 Outcome: 01 Efficacy data



08.02 Dropout at endpoint

Review: Depression Update Subthreshold: Psych
 Comparison: 08 Partial responders: Psych/SSRI combo v SSRI
 Outcome: 02 Acceptability and tolerability data

