

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Combining antidepressants better than monotherapy for some

A review of thirty-nine RCTs where a second antidepressant was added to an initial antidepressant, compared with just the initial antidepressant.¹ The analysis suggested a benefit when mirtazapine was added to SSRI, TCA or Venlafaxine type medications but not bupropion. The effect size for the combination was an SMD = 0.31 which is similar to that for monotherapy versus placebo.

There were no trials with a placebo arm but these findings suggest an additive effect. The dose of mirtazapine was from 7.5 mg to 45 mg/day.

The authors suggested a combination can be considered as first line in severe cases or for patients who are considered non-responders. The severity reference was puzzling as the benefit was consistent at all levels of baseline severity.

Reference:

1. Combining Antidepressants vs Antidepressant Monotherapy for Treatment of Patients With Acute Depression: A Systematic Review and Meta-analysis JAMA Psychiatry (2022) [View here](#)

[Click here](#) to view more Gems



Tweet



Share



Forward

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).



The banner features the text "Women's Health Day" in a large, bold, black font, with "Saturday 7 May 2022" below it in a slightly smaller font. Underneath, it says "A full online webinar day with some of New Zealand's leading clinicians and specialists". To the right is a large, light-colored female symbol. Below the text is a row of seven small portrait photos of women. In the bottom right corner, there is a blue square logo with the text "Goodfellow Unit" and a stylized female symbol above it.

Find out more here: [Women's Health Day](#)

Copyright © 2022 Goodfellow Unit, All rights reserved.

You are receiving this email as you have previously registered for a Goodfellow Unit event, or have opted in at our website www.goodfellowunit.org

Our mailing address is:

Goodfellow Unit
The University of Auckland | Grafton Campus
22-30 Park Ave, Grafton
Auckland, Auck 1023
New Zealand