Table E12. Benefits and risks of second-generation antidepressants compared with omega-3 fatty acids monotherapy

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| Outcomes | Anticipated Absolute Effectsa:  *Benefit and risk with Omega-3 Fatty Acids* | 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-D Followup: mean 8 weeks | 45 per 100 | 40 per 100 (19 to 82) | RR, 1.96  (1.26 to 3.05) | NA, Network meta-analysis | Lowb,c | Direct evidence is limited to a comparison of fluoxetine with Omega-3 fatty acids. Results from network meta-analyses conflict with findings of the RCT and indicate greater efficacy of SGAs (RR, 1.96; 95% CI, 1.26 to 3.05) compared with Omega-3 fatty acids |
| **Remission** Assessed with: HAM-D Followup: mean 8 weeks | 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: mean 8 weeks | 5 per 100 | 2 per 100 (0 to 39) | RR, 0.33 (0.01 to 7.72) | 40 (1 trial27) | Insufficient d,e | None |
| **Serious adverse events** | NA | NA | NA | 0 (0 trials) | Insufficient | None |
| **Overall risk for adverse events** | NA | NA | NA | 0 (0 trials) | Insufficient | None |
| **Overall discontinuation** Followup: mean 4 weeks | 15 per 100 | 15 per 100 (3 to 66) | RR, 1.0 (0.23 to 4.37) | 40 (1 trial27) | Lowd | None |
| **Discontinuation because of adverse events**  Followup: mean 8 weeks | 5 per 100 | 5 per 100 (0 to 75) | RR, 1.0 (0.07 to 14.9) | 40 (1 trial27) | Insufficient d,e | None |

a The risk in the intervention group (and its 95% CI) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).   
b Downgraded for indirectness: results are based on network meta-analyses.  
c Downgraded for risk of bias: suspected outcomes reporting bias; only one of two studies reported response rates.  
d Downgraded 2 steps for serious imprecision: very few events; 95% confidence intervals crosses both thresholds of appreciable   
differences.  
e Downgraded for risk of bias: high dropout rates, no intention-to-treat analyses available.  
CI = confidence interval; HAM-D = Hamilton Depression Rating Scale; NA = not applicable; RR: Risk ratio; SGA = second-generation antidepressant