Table E18. Benefits and risks of second-generation antidepressants compared with cognitive behavioral therapy as a function of severity

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| --- | --- | --- | --- | --- | --- | --- |
| Outcomes | Anticipated absolute effectsa:*Benefit and risk with CBT monotherapy* | Anticipated absolute effectsa (95% CI):*Benefit and risk with SGA* | Relative effect(95% CI)  | Number of participants (Trials)  | Strength of evidence  | Comments |
| **Response****to treatment for high severity patients**Assessed with: HAM-DFollowup: mean 16 weeks  | 56 per 100 | 40 per 100(25 to 64) | RR, 0.72(0.45 to 1.15) | 82(1 trial5) | Insufficientb,c | Comparisons limited to paroxetine and CT. |
| **Response****to treatment for low severity patients**Assessed with: HAM-DFollowup: mean 16 weeks | 60 per 100 | 47 per 100(29 to 75) | RR, 0.78(0.48 to 1.25) | 63(1 trial5) | Insufficientb,c | Comparisons limited to paroxetine and CT. |
| **Remission****in high severity patients**Assessed with: HAM-DFollowup: mean 16 weeks | 36 per 100 | 23 per 100(11 to 46) | RR, 0.63(0.31 to 1.29) | 82(1 trial5) | Insufficientb,c | Comparisons limited to paroxetine and CT. |
| **Remission****in low severity patients**Assessed with: HAM-DFollowup: mean 16 weeks | 50 per 100 | 33 per 100(18 to 60) | RR, 0.65(0.35 to 1.2) | 63(1 trial5) | Insufficientb,c | Comparisons limited to paroxetine and CT. |
| **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** | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None  |
| **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**  | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None  |
| **Discontinuation because of adverse events**  | NA  | NA  | NA  | 0 (0 trials) | Insufficient | None  |

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% confidence interval).

b Downgraded for imprecision: single study, small sample size, does not meet optimal information size (OIS).

c Downgraded 2 steps for serious risk of bias: high attrition and small sample size.

CI = confidence interval; CT, cognitive therapy; HAM-D = Hamilton Depression Rating Scale; NA = not applicable; RR = risk ratio; SGA = second-generation antidepressant