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-D Followup: 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-D Followup: 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-D Followup: 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-D Followup: 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