Table E9. Benefits and risks of second-generation antidepressants compared with combinations of any second-generation antidepressants and psychological therapy

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| Outcomes | Anticipated absolute effectsa:  *Benefit and risk with combination of SGA and any psychological therapy* | Anticipated absolute effectsa (95% CI):  *Benefit and risk with SGAs* | Relative effect (95% CI) | Number of participants  (Trials) | Strength of evidence | Comments |
| **Response** | NA | NA | NA | 0 (0 trials) | Insufficient | None |
| **Remission** | 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** | 1 per 100 | 4 per 100 (1 to 39) | RR, 3.96 (0.45 to 34.71) | 181 (1 trial17) | Lowb | Comparison limited to fluoxetine vs. long-term psychodynamic therapy |
| **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 12 weeks | 22 per 100 | 21 per 100 (13 to 32) | RR, 0.93 (0.59 to 1.47) | 272 (3 trials4,10,15) | Lowb | Comparisons limited to escitalopram, fluvoxamine, or paroxetine vs. escitalopram, fluvoxamine, or paroxetine + CBT, or nefazodone vs. nefazodone + integrative therapy. |
| **Overall discontinuation** Followup: mean 96 weeks | 32 per 100 | 15 per 100 (9 to 27) | RR, 0.48 (0.27 to 0.85) | 182 (1 trial17) | Lowb | Comparison limited to fluoxetine vs. long-term psychodynamic therapy |
| **Discontinuation because of adverse events** | 2 per 100 | 8 per 100 (2 to 37) | RR, 3.42 (0.73 to 16.01) | 176 (2 trials4,10) | Lowb | Comparisons limited to escitalopram, fluvoxamine, or paroxetine vs. CBT. |

a The benefit or risk in the intervention group (and its 95% confidence interval) is based on the assumed benefit or risk in the comparison group and the relative effect of the intervention (and its 95% CI).

b Downgraded 2 steps for serious imprecision: very few events; 95% confidence interval extremely wide and crosses both thresholds of appreciable differences.

CBT = cognitive behavioral therapy; CI = confidence interval; NA = not applicable; RR = risk ratio; SGA = second-generation antidepressant