Evidence Table 3. Data abstraction of trials

| **Author Year Country Trial Name Risk of Bias** | **Population** | **Interventions** | **Age Ethnicity** | **Other Population Characteristics** | **Number Randomized** |
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| Appleby 1997133  UK  Medium | Inclusion Criteria: Depressed 6-8 weeks after childbirth. Score ≥ 10 on Edinburgh postnatal depression scale; Score ≥ 12 on the revised clinical interview schedule; satisfied research diagnostic criteria for major or minor depressive disorder.  Exclusion Criteria: Inadequate English and living outside district. Chronic (>2 years) or resistant depression, current drug or alcohol misuse, severe illness requiring close monitoring or hospital admission, and breast feeding. | 1) Fluoxetine + 1 CBT session 2) Fluoxetine + 6 CBT sessions 3) Placebo + 1 CBT session 4) Placebo + 6 CBT sessions  Fluoxetine dose: NR  Time Period: 12 wks | Mean age: 25 Ethnicity NR | Unplanned Pregnancy: 13.75% Major Depressive Disorder: 12.75% History of Postnatal Depression: 7.5% Family History of postnatal depression: 4% | 87 |
| Bloch 2012134  Israel  Medium | Age 18-45 years; criteria met during the screen and baseline visits for current major depressive disorder according to the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV), as assessed by the Structured Clinical Interview for DSM-IV Axis I disorders, and onset of the depressive episode starting within 2 months of parturition. | Three Treatment Groups 1) Sertraline+psychotherapy 2) Placebo+Psychotherapy Sertraline mean (SD) dose at 4 weeks: 65.0 (23.5)mg, at 8 weeks: 67.5 (24.5)mg Time Period: 8 wks | Mean age: NR Ethnicity: NR | Anxiety Diagnosis: 22.5% Past Depression: 22.5% Depression in Family: 37.5% Pregnancies: 1.4% | 42 |
| Misri, 2004135 Canada  Medium | Age 18-40 years; ≥18 on HAM-D, ≥ 20 on HAM-A and ≥ 12 on EPDS; delivered a healthy baby close to term (37-42 weeks) with a minimum birth weight of 2.5 kg; non smokers; willing to use adequate contraception during the study. | 1. Paroxetine 2. Paroxetine+CBT Paroxetine max. dose: 50 mg Time period: 12 wks | Mean age: 30 White: 62.9% South Asian: 14.3% First Nations: 8.6% Mexican, Spanish, Indo-Canadian, Italian, South-American: 2.8% each | % of children previously born 1: 57% 2: 28.6% 3: 11.4% 4: 2.9%  DSM diagnosis Depression only: 2.9% Depression+Anxiety: 34.3% Depression+Anxiety+Obsession: 31.4% Depression+Anxiety+OCD: 31.4% | 35 |
| Morrell 2009136  UK  Medium | Inclusion Criteria: At-risk women (who returned a 6-week EPDS score ≥ 12 on the postal questionnaire), had an 8-week EPDS score ≥ 12 when the EPDS was repeated face-to-face by the HV at 8 weeks postnatally. Women eligible for the intervention were therefore defined by two EPDS score ≥ 12. The HV was allowed to provide the intervention to those women whom the HV felt might benefit from the intervention, irrespective of their EPDS score. Women were recruited if they were registered with participating GP practices, became 36 weeks pregnant during the recruitment phase of the trial, had a live baby and were on a collaborating HV’s caseload for 4 months postnatally. | Primary comparison was between at-risk women randomized to Health Visitor training and women in practices randomized to provide Health Visitor usual care. Six Treatment Groups 1) Cognitive behavioral approach face-to-face 2) Cognitive behavioral approach postal 3) Person-centered approach face-to-face 4) Person-centered approach postal 5) Control (Health Visitor usual care) | Mean age: 30.9 (SD 5.4)  Ethnicity: 93.3% White British | 93.7% living with others, 6.3% living alone 47.1% first baby | 101 clusters in 29 primary care trusts. 595 |

| **Author Year Country Trial Name Risk of Bias** | **Efficacy/Effectiveness Outcomes** | **Harms** | **Funding** |
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| Appleby 1997133  UK  Medium | Revised Clinical Interview Schedule Score (Completer Analysis, N=61) % difference in geometric mean scores (95% CI): Fluoxetine vs placebo: 4 weeks=37.1% (5.7% to 58.0%), 12 weeks=40.7% (10.9% to 60.6%); 6 CBT sessions vs 1 CBT session: 4 weeks=53.9% (2.3% to 131.2%), 12 weeks=38.7% (-9.2% to 111.7%)  Change in geometric mean scores from baseline to 4 weeks/12 weeks (ITT): Revised Clinical Interview Schedule Fluoxetine+1 CBT session= -16.3/-22.7 Fluoxetine+6 CBT sessions= -16.9/-16.3 Placebo+1 CBT session= -10.4/-10.2 Placebo+6 CBT sessions= -13.7/-14.2  Edinburgh postnatal depression scale Fluoxetine+1 CBT session= -7.1/-9.5 Fluoxetine+6 CBT sessions= -9.7/-10.2 Placebo+1 CBT session= -8.1/-7.2 Placebo+6 CBT sessions= -6.6/6.9  Hamilton score Fluoxetine+1 CBT session= NR/-10 Fluoxetine+6 CBT sessions= NR/-8.9 Placebo+1 CBT session= NR/-5.9 Placebo+6 CBT sessions= NR/-8.9 | NR |  |
| Bloch 2012134  Israel  Medium | Sertraline+psychotherapy vs placebo+psychotherapy  Change from baseline at 8 weeks, n=40 (p-values are NS presented as group by time interaction unless otherwise specified for MDRS, EPDS, CGI) Improvement in MADRS -13.86 vs -9.85, significant time effect p<0.0001 Improvement in EPDS: -9.75 vs -3.55, significant time effect p<0.0001 Improvement in CGI-S: -1.9 vs -1.5 Improvement in CGI-I: -2.00 vs -0.25  Response rates at 8 weeks MADRS or EPDS, n=40: 70% vs 55%, p=NS Remission rates at 8 weeks MADRS or EPDS, n=40, 65% vs 50%, p=NS | Hypomaniac switch in 10% (n=2) of patients in sertraline + psychotherapy group vs 0 in placebo | Independent investigator award for National Alliance on Research on Schizophrenia and Depression |
| Misri, 2004135 Canada  Medium | Paroxetine vs Paroxetine +CBT Change from baseline (reduction) at final visit (P<0.01 for all) HAM-D: 17.6 vs 15.2 HAM-A: 14.3 vs 14.6 EPDS: 8.4 vs 10.2 YBOCS: 4.9 vs 9.1 CGI-I: 2.75 vs 2.59  % patients with reduction in symptom scores at final visit ≥50% score (p=NS between groups) HAM-D: 87.5 vs 78.9 HAM-A: 75.0 vs 84.2 EPDS: 61.5 vs 58.3 ≥60% score reduction in symptom scores at final visit (p=NS between groups) YBOCS: 80.0 vs 78.6 CGI (1=normal, not at all ill) (p=NS between groups)  Depression (based on HAM\_D): 75 vs 63.2  Anxiety (based on HAM-A): 75 vs 57.9  Obsessions and/or OCD (based on YBOCS): 80 vs 71.4 | NR | Glaxo-Smithkline Canada |
| Morrell 2009136  UK  Medium | Intervention vs control Proportion of at-risk women with a 6-month Edinburgh Postnatal Depression Scale score >=12 (Primary Outcome) 33.9% vs 45.6% OR, unadjusted: 0.62 (95% CI 0.40, 0.97); P=0.036 OR, adjusted for 6-week EPDS score: 0.64 (95% CI 0.40, 1.01); P=0.058 OR, adjusted for 6-week EPDS score, lives alone, history of postnatal depression, any life events: 0.60 (95% CI 0.38, 0.95); P=0.028 OR, adjusted for lives alone, history of postnatal depression, any life events: 0.57 (95% CI 0.36, 0.90); P=0.017  6-month outcomes: control vs intervention, adjusted mean difference in scores (95% CI) EPDS: -2.1 (-3.3, -0.9), P=0.001 SF-12 PCS: -1.7 (-3.6, 0.1), P=0.069 SF-12 MCS: 5.2 (2.5, 7.8), P=0.001 SF-6D: 0.03 (0.00, 0.06), P=0.025 CORE-OM well-being: -0.3 (-0.5, -0.2), P=0.001 CORE-OM risk: -0.0 (-0.1, 0.0), P=0.149 CORE-OM symptoms: -0.2 (-0.4, -0.1), P=0.005 CORE-OM functioning: -0.3 (-0.4, -0.1), P=0.001 CORE-OM total score: -0.2 (-0.4, -0.1), P=0.001 State anxiety: -3.9 (-6.6, -1.3), P=0.003 Trait anxiety: -3.7 (-6.1, -1.4), P=0.002 PSI parenting distress: 3.5 (1.3, 5.8), P=0.002 PSI PCDI: 2.1 (0.7, 3.5), P=0.003 PSI difficult child: 2.9 (1.7, 4.2), P=0.001 PSI total stress: 9.3 (137.3, 13.4), P=0.001 | NR | Government (UK NHS) |

CBT = cognitive behavioral therapy; CI = confidence interval; CGI-I = Clinical Global Impression scale - Improvement; CGI-S = Clinical Global Impression Scale - Severity; CORE-OM = Clinical Outcomes in Routine Evaluation ; DSM-IV = Diagnostic and Statistical Manual of Mental Disorders; Fourth Edition; HAM-A = Hamilton Anxiety Rating Scale; HAM-D = Hamilton Depression Rating Scale; ITT = intention to treat; MADRS = Montgomery-Asberg Depression Rating Scale; NR = not reported; OCD = obsessive compulsive disorder; OR = odds ratio; PCDI = Parent Child Dysfunctional Interaction; PSI = Parenting Stress Index; SD = standard deviation; UK = United Kingdom; US = United States