

Results of a double blind placebo-controlled randomised trial of the addition of the antidepressant mirtazapine for patients with depression in primary care who have not responded to at least 6 weeks of antidepressant treatment

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Antidepressants are often the first line of treatment for major depression, but only half of those treated with a single drug respond. For patients in primary care who had not responded to a single antidepressant, we investigated the effectiveness and cost-effectiveness of combining mirtazapine with Serotonin-Noradrenaline Reuptake Inhibitor (SNRI) or Selective Serotonin Reuptake Inhibitor (SSRI) antidepressants. This two parallel-group multi-centre, placebo controlled, randomised trial recruited 480 participants aged over 17 years with treatment resistant depression (adherent to SSRI or SNRI antidepressants for at least six weeks, Beck Depression Inventory [BDI-II] score >13 and fulfilling International Classification of Diseases [ICD]-10 criteria for depression) from 106 UK general practices.