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Učinki antidepressivov in stopnja depresije. Metaanaliza na ravni bolnikov

Izhodišče: Antidepressivna zdravila predstavljajo najbolj uveljavljeno terapijo za zdravljenje hujših depresivnih motenj, a kljub temu obstaja malo dokazov, da imajo specifični farmakološki učinek glede na placebo pri bolnikih z blažjimi oblikami depresije.

Cilj: Proučiti koristi antidepressivov proti placebo pri številnih začetnih simptomih na bolnikih z diagnozo depresija.

Viri podatkov: Baze podatkov PubMed, PsycINFO in Cochrane Library med januarjem 1980 in do marca 2009, skupaj s seznamom referenc preglednih člankov ter metaanaliz.

Izbiranje raziskav: Vključili smo randomizirane študije z antidepressivi proti placebo, ki jih je odobrila *Food and Drug Administration* pri zdravljenju hudih ali blažjih oblik depresivnih motenj. Vključene študije so morale vsebovati originalne podatke, odrasle bolnike, zdravljenje ambulantno, vsaj 6-tedensko primerjavo zdravljenja z antidepressivi proti placebo in niso izključevale bolnikov zaradi izpiranja placeba ter so uporabile lestvico *Hamilton Depression Rating Scale* (HDRS). Vključeni so bili podatki iz 6 študij (718 bolnikov).

Zajemanje podatkov: Individualne podatke o bolnikih so pridobili od avtorjev študij.

Rezultati: Razlike med antidepressivi in placebo so variirale glede na izhodiščno stopnjo depresije. Med bolniki s HDRS pod 23 točkami je bila velikost učinka razlike med zdravilom in placebo ocenjena na manj kot 0,20 (standardna definicija za manjši učinek). Ocena učinka zdravila proti placebo se poveča pri slabših izhodiščnih simptomih depresije in se izkaže za klinično pomembno ter preseže mejno vrednost, definirano pri inštitutu *National Institute for Clinical Excellence* pri izhodiščni vrednosti HDRS 25.

Zaključki: Učinkovitost antidepressivov v primerjavi s placebo se poveča pri hujših oblikah simptomov depresije, medtem ko je minimalna ali je sploh ni, pri bolnikih z blagimi ali zmernimi simptomi. Pri bolnikih z zelo hudo stopnjo depresije je korist zdravila proti placebo znantna.

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