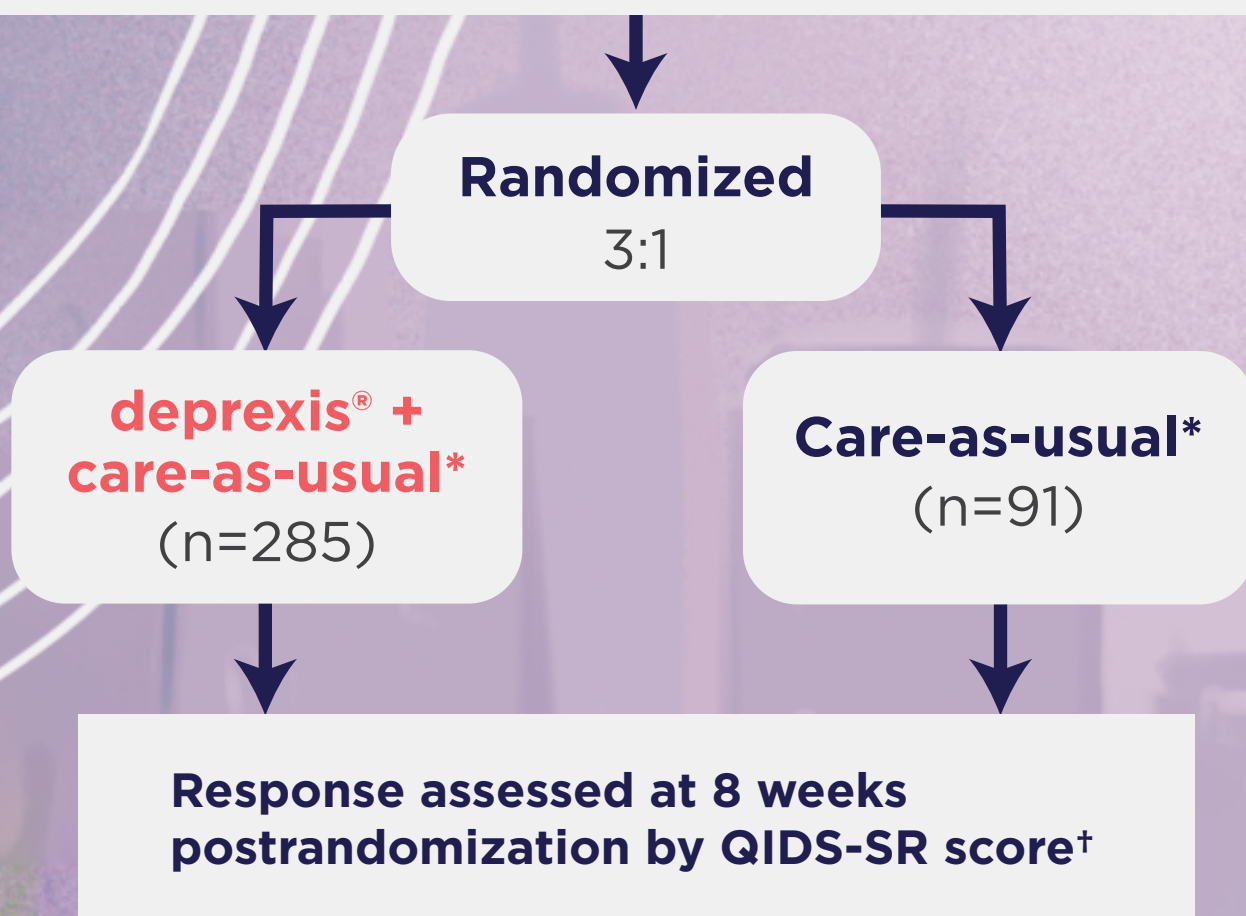


STUDY DESIGN

376 adult patients (aged 18 to 55 years) with moderate or greater levels of depression (Quick Inventory of Depression Symptoms [QIDS-SR] ≥ 10 at enrollment) with no changes in psychotropic medication or psychosocial treatment in the 30 days before study entry.¹

Patients were excluded from the study if they were determined to have symptoms of psychosis or substance use present; a diagnosis of bipolar disorder; or suicidal risk, defined as having suicidal ideation with intent with or without a plan in the last 90 days, or attempting suicide in the past year.



*Care-as-usual was defined as any other treatment that patients were currently using, including antidepressants and psychosocial therapy.

†QIDS-SR is a 16-item self-report questionnaire that assesses the 9 diagnostic symptom domains used to characterize a major depressive episode. The 16 items include: 1) Falling asleep; 2) Sleep during the night; 3) Waking up too early; 4) Sleeping too much; 5) Feeling sad; 6) Decreased appetite; 7) Increased appetite; 8) Decreased weight (within the last 2 weeks); 9) Increased weight (within the last 2 weeks); 10) Concentration/decision making; 11) View of myself; 12) Thoughts of death or suicide; 13) General interest; 14) Energy level; 15) Feeling slowed down; 16) Feeling restless.¹⁵

The 9 domains include: 1) Sad mood; 2) Concentration; 3) Self-criticism; 4) Suicidal ideation; 5) Interest; 6) Energy/fatigue; 7) Sleep disturbance; 8) Decrease or increase in appetite or weight; and 9) Psychomotor agitation or retardation. The total score ranges from 0 to 27.¹⁶