

Use of antidepressants among depressed treated with internet-based Cognitive Behaviour Therapy (CBT)

Abstract

Purpose

To study use of antidepressants, quality of life and progress of depression among patients in primary care, with mild to moderate depression, during internet-based CBT compared to treatment as usual (TAU).

Theory

Around 70% of all patients with mild-moderate depression are treated in primary care. Eight per cent of women and 5% of men in the Swedish population use antidepressants.

Method

In an RCT, patients with mild-moderate depression treated with internet-based CBT were compared to TAU. In both groups, some individuals received antidepressant during 3 months. Baseline and 3 month BDI-II, Euro Qol 5D, and use of antidepressants was followed.

Findings

In the internet-CBT- group, 3 out of 24 individuals used antidepressant, and 8 out of 33 in the control group ($p= 0.36$). After three months antidepressants was reduced to 1 out of 24 in the internet CBT group and increased to 15 out of 33 ($p= 0.008$) in control group. There were no differences concerning increase in quality of life and decrease of depression.

Discussion

Use of antidepressants decreased in the CBT-group and increased in the control group. This indicates that internet CBT gives the patient an instrument to handle the depression and does not need the support of antidepressant.

Location

Sweden

Year

2013

Related Integrated Care keywords



- DIGITAL HEALTH: ICT (INFORMATION AND COMMUNICATION TECHNOLOGY) SOLUTIONS,
DEVICES, MONITORING

Pervasiveness

Small scale in a local jurisdiction

Status

Completed

Links

Hange D, Björkelund C, Petersson E-L. Use of antidepressants among depressed treated with internet-based Cognitive Behaviour Therapy (CBT). International Journal of Integrated Care. 2013;13(6):None. DOI: <http://doi.org/10.5334/ijic.1309>

<https://www.ijic.org/articles/abstract/10.5334/ijic.1309/>