Review: combining pindolol with an SSRI improves early outcomes in people with depression


What is the efficacy and tolerability of pindolol plus selective serotonin reuptake inhibitors (SSRIs) in people with depression?

METHODS

Design: Systematic review with meta-analysis.


Study selection and analysis: Eligible studies were randomised controlled trials (RCTs) comparing pindolol plus SSRIs with placebo plus SSRIs in people with depression. RCTs examining early response (between 10 days and 2 weeks) and late response (3–6 weeks) were included. Studies involving non-SSRI antidepressants and crossover RCTs were excluded. Sensitivity and heterogeneity analyses were conducted.

Outcomes: Depressive symptoms: efficacy assessed by the proportion of total participants experiencing side effects. Tolerability: proportion of total participants experiencing side effects.