MAIN RESULTS
Nine RCTs met inclusion criteria (594 participants).

Early response: five RCTs met inclusion criteria. Pindolol plus SSRIs significantly improved depressive symptoms compared with placebo plus SSRIs, for the first two weeks of treatment (OR 2.8, 95% CI 1.4 to 5.7; NNT = 6, 95% CI 4 to 20).

Late response: seven RCTs met inclusion criteria. There were no significant differences between groups after 3–6 weeks (OR 1.4, 95% CI 0.8 to 2.7). However, the late response studies were heterogeneous.

Tolerability and safety: there were no significant differences in tolerability or adverse events between groups (pindolol plus SSRIs v placebo plus SSRIs; OR for tolerability, 1.3, 95% CI 0.8 to 2.3; OR for adverse events, 1.3, 95% CI 0.7 to 2.1).

CONCLUSIONS
During the first two weeks of treatment, the addition of pindolol to an SSRI appears to increase response; however there was no evidence of improved efficacy beyond this period.