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Conference Abstract

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

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### 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.

**Methods:** 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.

### Keywords:

antidepressant, cbt, depression, internet-therapy

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