Thyroid hormone for treatment-resistant depression: A systematic review and meta-analysis

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BACKGROUND

- Treatment-resistance is of **significant clinical concern**, affecting approximately 40% of patients with unipolar depression
- Augmentation with thyroid hormones** is used in the management of treatment-resistant depression (AUH has clinical guidelines), however, the **evidence** for the effect of thyroid hormones is **not fully established**
- We strive to **systematically review** the effect of thyroid hormone treatment in the management of treatment-resistant unipolar depression

METHODS

- We follow the PRISMA guideline for systematic reviews and meta-analysis
- Searches were carried out in the **MEDLINE (PubMed)**, **EMBASE** and **PsycINFO** databases
- Each record was **screened independently** by at least two authors. Consensus was reached through discussion
- Data extraction will be performed independently by at least two authors followed by statistical analysis

INCLUSION

- Prospective, controlled studies** of treatment with thyroid hormone of unipolar treatment-resistant depression
- No limitations on type of control intervention/treatment

RESULTS

- The search yielded **1323 records**, of which 418 were duplicates
- 9 studies** remained after screening and full-text assessment
- A total of **639 patients** in 9 studies
- Data extraction is currently underway and will be followed by assessment of bias and confounders for each study and meta-analysis

CONCLUSION

We expect that the **results from the meta-analysis** of the trials identified in this systematic review **will be very useful to psychiatrists managing treatment-resistant depression.**

Pharmacological treatment augmented or accelerated in included studies.
SSRI: Selective serotonin reuptake inhibitor.
TCA: Tricyclic antidepressant.

T3: Triiodothyronine.
T4: Thyroxine.
TH: Treatment named "thyroid hormone" in studies.

Flow-chart of study selection process