

De effectiviteit van interpersoonlijke psychotherapie versus antidepressiva voor depressie bij volwassenen: een meta-analyse van individuele patiëntdata

dr. Ellen Driessen

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Disclosure belangen spreker	
Geen (potentiële) belangenverstremgeling	Nee
Voor bijeenkomst mogelijk relevante relaties	Bedrijfsnamen
- Sponsoring of onderzoeksgeld	-
- Honorarium of andere (financiële) vergoeding	-
- Aandeelhouder	-
- Andere relatie, namelijk ...	-

Interpersoonlijke psychotherapie

Focus

- rouw
- interpersoonlijk conflict
- rolverandering
- interpersoonlijk tekort



Meta-analyse van individuele patiëntdata (IPD)



The efficacy of antidepressant medication and interpersonal psychotherapy for adult acute-phase depression: study protocol of a systematic review and meta-analysis of individual participant data

Ellen Driessen, Zachary D. Cohen, Myrna M. Weissman, John C. Markowitz, Erica S. Weitz, Steven D. Hollon, Dillon T. Browne, Paola Rucci, Carolina Corda, Marco Menchetti, R. Michael Bagby, Lena C. Quilty, Michael W. O'Hara, Caron Zlotnick, Teri Pearlstein, Marc B. J. Blom, Mario Altamura, Carlos Gois, Lon S. Schneider, Jos W. R. Twisk and Pim Cuijpers

Resultaten

Geïnccludeerd: $k = 15$, $n = 1948$

IPD beschikbaar: $k = 9$, $n = 1536$ (78.9%)

Table 3*Comparative Treatment Effects of IPT and Antidepressants at Post-Treatment and Follow-Up*

Outcome	<i>k</i>	<i>N</i>	<i>d</i> ^a	95% CI		<i>p</i>
				Lower	Upper	
Post-treatment						
Depression	9	1530	0.088	-0.018	0.194	.103
Social functioning	5	1213	0.026	-0.078	0.130	.624
General Psychopathology	3	307	0.276	0.039	0.513	.023*
Quality of Life	2	567	-0.049	-0.198	0.100	.519
Coping – Problem solving	2	513	-0.059	-0.226	0.108	.488
Coping - Avoidance	2	509	0.041	-0.118	0.200	.613
Dysfunctional Attitudes	2	231	0.249	0.026	0.472	.029*
Personality – Neuroticism	2	192	0.102	-0.188	0.392	.491
Personality – Extraversion	2	192	-0.054	-0.293	0.185	.658
Personality – Agreeableness	2	192	0.169	-0.113	0.451	.241
Personality – Conscientiousness	2	192	-0.050	-0.297	0.197	.691
Personality – Openness	2	191	0.133	-0.110	0.376	.283
Interpersonal problems	2	190	-0.038	-0.263	0.187	.741
Anxiety	2	106	-0.200	-0.555	0.155	.269
Follow-up						
Depression	3	716	0.150	-0.023	0.323	.088
Social Functioning	2	550	-0.014	-0.179	0.151	.868
General Psychopathology	2	226	-0.003	-0.309	0.303	.985

k = number of studies; *N* = number of patients; *d* = Cohen's *d* effect size.

^a Positive effect sizes indicate an advantage of antidepressants over IPT, except for the quality of life outcome measure where a negative effect size indicates an advantage of antidepressants over IPT.

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Conclusies

- Vergelijkbare verbeteringen in depressieve klachten, sociaal functioneren, kwaliteit van leven en coping na IPT en antidepressiva, maar antidepressiva resulteren mogelijk in wat lagere niveaus van algemene psychopathologie en dysfunctionele attitudes dan IPT na afloop van de behandeling.
- Studies naar depressiebehandeling zouden standaard meerdere uitkomstmaten en follow-up metingen moeten bevatten.

Bedankt!

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