



# THE JOURNAL OF CLINICAL PSYCHIATRY

## Supplementary Material

**Article Title:** Brain-Volume Increase With Sustained Remission in Patients With Treatment-Resistant Unipolar Depression

**Author(s):** Jennifer L. Phillips, BSc; Lisa A. Batten, MA; Fahad Aldosary, MD; Philippe Tremblay, MD; and Pierre Blier, MD, PhD

**DOI Number:** doi:10.4088/JCP.11m06865

### List of Supplementary Material for the article

1. [Supplementary eTable 1](#) Staging Score Methodology
2. [Supplementary eTable 2](#) Minimum and Maximum Doses of Antidepressants and Other Medications Used in the Calculation of Staging Scores for Treatment Resistance
3. [Supplementary eTable 3](#) Treatment Approaches Used by Patients at Baseline and Follow-Up Imaging and Remission Status at Follow-Up

### Disclaimer

This Supplementary Material has been provided by the author(s) as an enhancement to the published article. It has been approved by peer review; however, it has undergone neither editing nor formatting by in-house editorial staff. The material is presented in the manner supplied by the author.

**Supplementary eTable 1. Staging Score Methodology**

Staging Method to Classify Retrospective<sup>a</sup> and Prospective<sup>b</sup> Degree of Treatment Resistance in Major Depressive Disorder

- (1) For each adequate trial of an antidepressant medication (6 weeks at or above minimum recommended dose), 1 point was assigned per trial.
- (2) For each optimization of dosage (treatment given at or above maximum recommended dose), an additional 0.5 points were assigned per trial.
- (3) For each medication added to a primary antidepressant as an augmentation or combination strategy (treatment given for at least 6 weeks regardless of the dosage), an additional 0.5 points were assigned per trial.
- (4) For each adequate trial of electroconvulsive therapy (at least nine sessions), an additional 3 points were assigned per trial.

<sup>a</sup> Retrospective staging scores reflect treatment approaches taken during the five-year period preceding study enrollment. No points were assigned in retrospective chart reviews if trial dosage, time frame, or strategy was unclear.

<sup>b</sup> Prospective staging scores were calculated from baseline visit to first remission visit. No points were assigned if drugs were discontinued due to side effects or noncompliance. Medication changes made during sustained remission were not included in calculations.

**Supplementary eTable 2. Minimum and Maximum Doses of Antidepressants and Other Medications Used in the Calculation of Staging Scores for Treatment Resistance**

<b>Drug Class Generic Name</b>	<b>Minimum Recommended Dose (mg/day)</b>	<b>Maximum Recommended Dose (mg/day)</b>
<i>Tricyclic Antidepressants</i>		
clomipramine	150	250
amoxapine	150	250
amitriptyline	150	250
maprotiline	100	250
desipramine	150	250
nortriptyline	75	125
doxepin	150	250
trimipramine	150	250
imipramine	150	250
protriptyline	30	60
<i>Monoamine Oxidase Inhibitors (MAOIs)</i>		
isocarboxazid	30	60
phenelzine	45	90
tranylcypromine	30	60
maclobemide	300	900
<i>Selective Serotonin Reuptake Inhibitors (SSRIs)</i>		
fluvoxamine	50	300
paroxetine	20	60
fluoxetine	10	60
sertraline	50	150
citalopram	20	60
escitalopram	10	30
<i>Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)</i>		
venlafaxine	125	250
duloxetine	60	100
<i>Norepinephrine Reuptake Inhibitor</i>		
atomoxetine	40	100

## Supplementary eTable 2 (cont.)

<b>Drug Class</b> <b>Generic Name</b>	<b>Minimum Recommended Dose (mg/day)</b>	<b>Maximum Recommended Dose (mg/day)</b>
<i>Other Antidepressants</i>		
trazodone	300	600
nefazodone	300	600
bupropion	300	450
mirtazapine	15	45
pinodolol	7.5	15
topiramate	300	600
<i>Atypical Antipsychotics</i>		
quetiapine	50	600
clozapine	25	100
olanzapine	5	20
ziprasidone	40	100
aripiprazole	5	30
paliperidone	1.5	9
risperidone	0.25	4
<i>Other Medications</i>		
lithium	600	1200
triiodothyronine	0.025	0.05
buspirone	20	60
<i>Dopamine agonists</i>		
pramipexole	1	5
bromocriptine	2.5	5

**Supplementary eTable 3. Treatment Approaches Used by Patients at Baseline and Follow-Up Imaging and Remission Status at Follow-Up**

<b>Patient</b>	<b>Baseline Treatment, Dosage (mg/day)</b>	<b>Follow-Up Treatment, Dosage (mg/day)</b>	<b>Status</b>
1	citalopram 10, venlafaxine 225, quetiapine 50, trazodone 100	fluoxetine 40, quetiapine 300, trazodone 150	NR
2	venlafaxine 300, quetiapine 50, dextroamphetamine 20	tranylcypromine 20, atomoxetine 60	NR
3	venlafaxine 150	venlafaxine 150, bupropion 300	NR
4	escitalopram 10, atomoxetine 60, trazodone 100	bupropion 450, atomoxetine 60, trazodone 75	R
5	doxepin 300, flurazepam 30	venlafaxine 225, mirtazapine 30	NR
6	paroxetine 50	tranylcypromine 20, quetiapine 300	NR
7	fluoxetine 40, bupropion 300	fluoxetine 40, atomoxetine 25, trazodone 150	R
8	venlafaxine 300	moclobemide 900, bupropion 300	NR
9	venlafaxine 150, risperidone 0.5	venlafaxine 300, mirtazapine 45, pindolol 15, lamotrigine 100	R
10	bupropion 150	venlafaxine 300, bupropion 450	R
11	escitalopram 15, bupropion 150	escitalopram 30, buspirone 30, lithium 900, quetiapine 25	NR
12	paroxetine 50, trazodone 100	escitalopram 40, risperidone 2, lamotrigine 175	NR
13	venlafaxine 150, bupropion 150, trazodone 100	escitalopram 15, bupropion 150, mirtazapine 30	R
14	venlafaxine 300, amitriptyline 50, zopiclone 10	venlafaxine 300, amitriptyline 50, risperidone 2	NR
15	fluoxetine 40, clomipramine 50	escitalopram 10, bupropion 150, trazodone 100	R
16	venlafaxine 225, bupropion 300, risperidone 1	venlafaxine 300, nortriptyline 50, paliperidone 6	NR
17	moclobemide 750	escitalopram 40, pramipexole 3, bupropion 300	NR
18	paroxetine 20, bupropion 100, trazodone 50	paroxetine 20, bupropion 100, risperidone 1	R
19	paroxetine 20, amitriptyline 20, trazodone 150	paroxetine 40, pindolol 10, trazodone 150	R
20	paroxetine 60, mirtazapine 45, olanzapine 10, lithium 900	escitalopram 40, mirtazapine 60, buspirone 30, zopiclone 7.5	R
21	venlafaxine 225	venlafaxine 225, pindolol 10, trazodone 100	R
22	venlafaxine 225, olanzapine 10, trimipramine 100, temazepam 60, clonazepam 1, eltroxin 0.1	venlafaxine 150, ziprasidone 40, trimipramine 20, diazepam 20, levothyroxine 0.075	NR
23	citalopram 40, bupropion 150	escitalopram 20, atomoxetine 80, pramipexole 4, quetiapine 50	NR
24	venlafaxine 300, bupropion 150	venlafaxine 375	NR
25	escitalopram 20, bupropion 150, topiramate 100, temazepam 15	escitalopram 40, ziprasidone 40, pindolol 5, trazodone 100	NR
26	venlafaxine 187.5	venlafaxine 225, bupropion 450, trazodone 200	R
27	paroxetine 40, bupropion 150, trazodone 50	paroxetine 40, atomoxetine 40, modafinil 100, trazodone 150	R

Abbreviations: NR = nonremitter; R = Remitter