Benefits of Sequentially Adding Cognitive Behavior Therapy or Antidepressant Medication in Non-remitting Depressed Adults

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Supplement Contents:

Table S1. Antidepressant medication exposure during Phase II Combination by treatment arm

	Phase II Combination Treatment Arm				
	CBT+MED		MED+CBT		p
Completers, n	31		66		
Stopped medication prior to Week 24, n (%)	2	(6.5)	1	(1.5)	.19
Days on medication from Phase II baseline to last Phase II visit, mean (SD)	83.7	(16.3)	86.6	(13.0)	.35
Early Terminators, n	6		9		
Stopped medication prior to termination visit, n (%)	0	(0)	0	(0)	--
Days on medication from Phase II baseline to last Phase II visit, mean (SD)	40.8	(21.3)	39.8	(23.7)	.93
All Phase II Patients, n	37		75		
Stopped medication prior to Week 24, n (%)	2	(5.4)	1	(1.3)	.21
Days on medication from Phase II baseline to last Phase II visit, mean (SD)	76.7	(23.5)	81.0	(21.0)	.34

CBT+MED: Cognitive behavior therapy in Phase I, with addition of escitalopram in Phase II

MED+CBT: Escitalopram or duloxetine in Phase I, with addition of cognitive behavior therapy in Phase II

Table S2. Antidepressant medication maintenance during 18-month long-term follow-up of Phase II completers who entered follow-up phase

	Stopped medication prior to last follow-up visit, n (%)	Days on medication from end of Phase II, mean ± SD	Days on medication from Phase II baseline, mean ± SD
CBT+MED (n= 26)	8 (30.8%)	370 ± 218	457 ± 216
MED+CBT (n= 53)	13 (24.5%)	374 ± 189	462 ± 190
p-value	.56	.93	.90
MED+CBT subgroups			
Escitalopram+CBT (n= 35)	9 (25.7%)	389 ± 184	479 ± 186
Duloxetine+CBT (n= 18)	4 (22.2%)	345 ± 199	433 ± 197
p-value	.78	.42	.41

CBT+MED: Cognitive behavior therapy in Phase I, with addition of escitalopram in Phase II

MED+CBT: Escitalopram or duloxetine in Phase I, with addition of cognitive behavior therapy in Phase II

Table S3. Predictors of Phase I or II Remission among completers (n=251)

Variable	Predictor effect		
	Wald X^2	df	p
Severity (HAM-D) at Week 1	6.437	1	0.011*
Chronic episode	0.308	1	0.579
Age	2.839	1	0.092
Anxiety (HAM-A) at Week 1	11.112	1	0.001*
Current Anxiety Disorder	6.859	1	0.009*
Gender	2.437	1	0.119
Race	0.579	3	0.901
Married/cohabitating	1.878	1	0.171
Employed full time	0.111	1	0.739

* $p < .05$

Figure S1. CONSORT Diagram for Phase II Combination Treatment in PReDICT Study

Phase 1 Completers (n =251)

Excluded (n = 127)

Remitters in Phase 1 (n = 114)
Combination not available (n =13)

Eligible for Combination (n = 124)

CBT + MED (n = 40)

Refused combination (n =3)

Started combination (n =37)

MED + CBT (n = 84)

Refused combination (n =9)

Started combination (n=75)

Terminated Early (n =6)

Terminated Early (n =9)

ITT n=37 Completer n=31

ITT n=75 Completer n=66

Enrollment
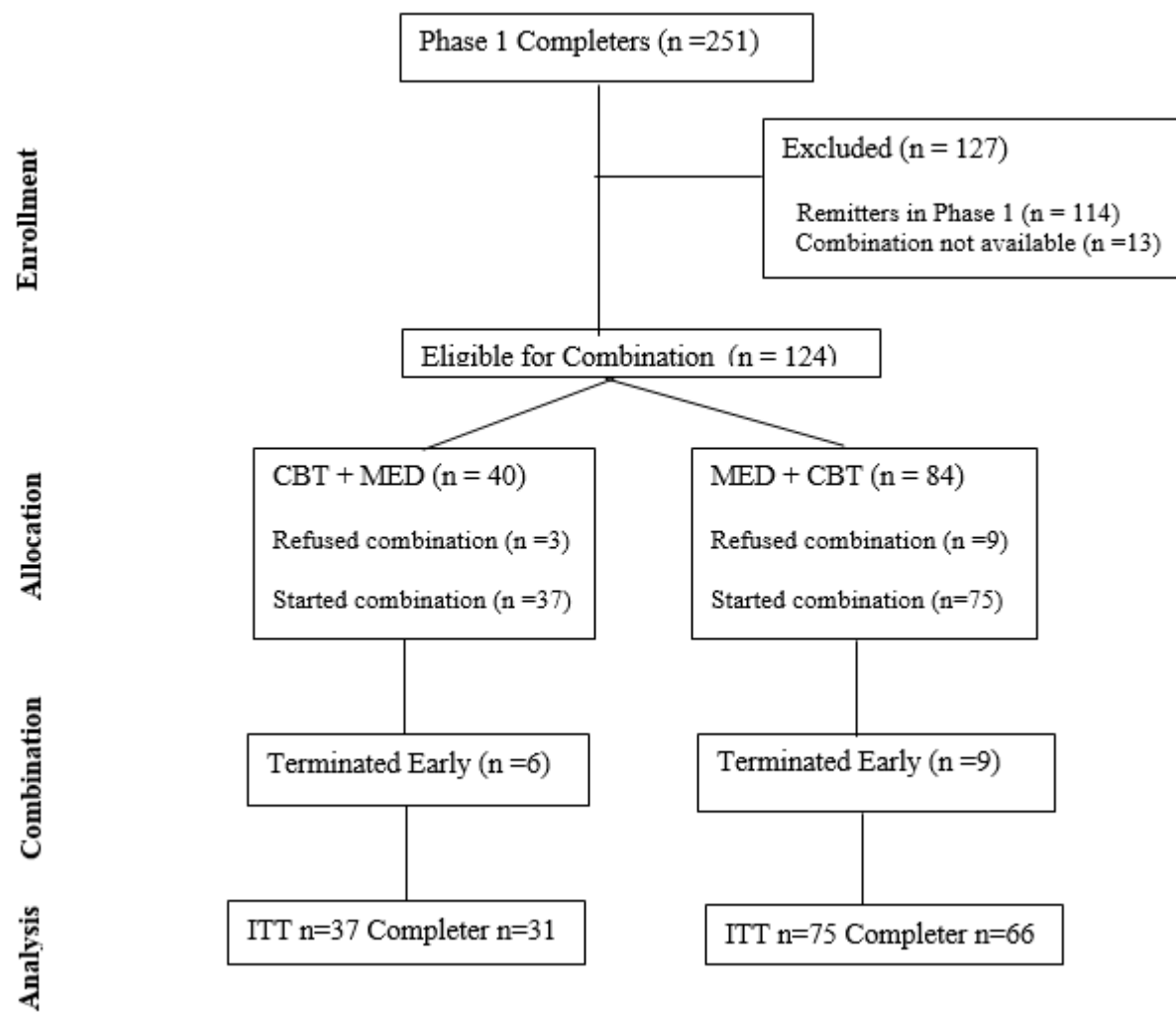
Allocation

Combination

Analysis

Figure S2. CONSORT Diagram for 18-month Follow-up Phase in PReDICT Study