

## Common drugs shown to be helpful in some patients with depression

A recent systematic review by Bai *et al.* looked at the effect of anti-inflammatory medication and its effect on “major depressive disorder”. Thirty randomised controlled trials (RCTs) involving 1610 patients were included in the review. Analysis of pooled data from 26 of the trials suggested that “anti-inflammatory agents reduced depressive symptoms”. In trials involving female patients only, no difference in change of depression severity was found between groups. Further research will be required to support the licensing and prescription of such drugs for patients with depression, and care will need to be exercised when taking anti-inflammatory agents to avoid the known side effects that can occur. Further information about the review can be found here

<https://jnp.bmj.com/content/early/2019/08/29/jnp-2019-320912>