APPENDIX 18: INTERVENTIONS FOR ADULTS (RELAPSE PREVENTION) – STUDY CHARACTERISTICS

Continued pharmacotherapy for relapse prevention 3
Selective serotonin reuptake inhibitors (SSRIs) 3
Paroxetine 3
Escitalopram 3
Sertraline 3
Anticonvulsants 3
Pregabalin 3

Key to table headings

Study	Study identifier; references for the studies can be found in the guideline.
Country	Three letter abbreviations for all countries from which participants were recruited.
Interview	If a structured interview was used, the same of the interview and the diagnostic criteria used.
Age	Mean age of participants.
% Female	Percentage of participants enrolled who were female.
% White	Percentage of participants enrolled who described themselves white/Caucasian.
% Med	Percentage of participants taking medication (for example, SSRI or benzodiazepine) at baseline. Normally these participants were on a stable dose and agreed not to change their dose during the trial.
N Rand	Number of participants randomised to each group.
N Post	Number of participants who completed assessment at post-treatment.
Group	Name of each group included in the trial.
Dose	For each group, the amount of medication or psychological intervention received. For medication, milligrams per dose (average where possible, otherwise endpoint). For psychological interventions, hours per dose.
Freq	Number of doses per week.
Dur	Number of weeks of intervention. Dose x Freq X Dur = Total amount of medication or psychological intervention received.

Abbreviations

BEL	Belgium
BRA	Brazil
CAN	Canada
DSM-IV	*Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association* (4th edition)
ESP	Spain
FRA	France
GBR	Great Britain
IRL	Ireland
ITA	Italy
LSAS	Liebowitz Social Anxiety Scale
MINI	Mini International Neuropsychiatric Interview
N/A	not applicable
NED	The Netherlands
NR	not reported
RSA	South Africa
SCID	Structured Clinical Interview for DSM
SSRI	selective serotonin reuptake inhibitor
USA	United States of America

CONTINUED PHARMACOTHERAPY FOR RELAPSE PREVENTION

See Chapter 6, Section 6.6.6 of the guideline.

Study	Country	Interview	Age	% Female	% White	% Med	N Rand	N Post	Group	Dose	Freq	Dur
Selective serotonin reuptake inhibitors (SSRIs)												
Paroxetine												
KUMAR1999	USA	NR	35	38%	87%	NR	28	28	Pill placebo	N/A	7	16
							27	27	Paroxetine	0	7	16
STEIN2002b	BEL; BRA; CAN; ESP; FRA; GBR; IRL; ITA; NED; RSA	MINI (DSM-IV)	38	60%	93%	0%	161	161	Pill placebo	N/A	7	24
							162	162	Paroxetine	36.5	7	24
Escitalopram												
MONTGOMERY2005	Multiple	No formal diagnosis: LSAS	37	72%	95%	0%	181	181	Pill placebo	N/A	7	24
							191	190	Escitalopram	17.8	7	24
Sertraline												
VAN-AMERINGEN2001	CAN	SCID (DSM-IV)	36	44%	93%	0%	69	69	Pill placebo	N/A	7	20
							135	134	Sertraline	146.7	7	20
Anticonvulsants												
Pregabalin												
GREIST2011	USA	MINI (DSM-IV)	35	45%	80%	0%	73	72	Pill placebo	N/A	7	26
							80	78	Pregabalin (450 mg)	450	7	26