## Antidepressant and anti-inflammatory treatment of

## inflammation associated depression

The University of Adelaide, Discipline of Psychiatry, Principal Investigator Prof. Bernhard Baune, is currently looking for depressed patients to help improve treatment for depression.

### What is the purpose of this research?

There is evidence that raised levels of inflammatory markers in the blood are part of depression. This study aims to investigate whether the combined use of an antidepressant plus an anti-inflammatory medication is better in reducing depressive symptoms than an antidepressant alone.

### What does participation in this research involve?

This is a randomised controlled trial (RCT) study for a duration of 8-weeks. People with depression are placed into 1 of 2 groups to receive either an antidepressant alone or an antidepressant together with an anti-inflammatory medication. If you participate in this study, you will for sure receive an effective antidepressant and will have a one in two chance of receiving the additional anti-inflammatory medication.

### Treatment and post-trial periods

All study visits take place in the Clinical Research Facility of the Adelaide Health and Medical Research Building, Discipline of Psychiatry, University of Adelaide. If you participate in this study, you will participate in regular assessments about how you feel, think and how you do on a daily basis plus assessments of potential side-effects and some blood tests over a period of 8 weeks. Following the 8-week treatment phase, there is an option to continue on the antidepressant for another 6 months should you find this helpful.

The study medication will be provided for free over the entire study period.

You will be free to withdraw from the study at any time.

### What are the criteria to participate in this research?

If you are interested in participating in this treatment study, suffer from depression, and are aged between 18 - 65 years of age, we would really like to hear from you.

To find out more information please contact the study co-ordinator Dr. Celia Fourrier on:

research.psychiatry@adelaide.edu.au or (08) 8313 7676 (you can leave a message at any time)