The effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse/recurrence: results of a randomised controlled trial (the PREVENT study)


Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' objectives
To establish whether MBCT with support to taper and/or discontinue antidepressant medication (MBCT-TS) is superior to and more cost-effective than an approach of m-ADM in a primary care setting for patients with a history of recurrent depression followed up over a 2-year period in terms of preventing depressive relapse/recurrence. Secondary aims examined MBCT’s acceptability and mechanism of action.

Authors' conclusions
There is no support for the hypothesis that MBCT-TS is superior to m-ADM in preventing depressive relapse/recurrence among individuals at risk for depressive relapse/recurrence. Both treatments appear to confer protection against relapse/recurrence. There is an indication that MBCT may be most indicated for individuals at greatest risk of relapse/recurrence. It is important to characterise those most at risk and carefully establish if and why MBCT may be most indicated for this group.

Project page URL
http://www.nets.nihr.ac.uk/projects/hta/085601

Final publication URL
http://www.journalslibrary.nihr.ac.uk/hta/hta19730/#/abstract

Indexing Status
Subject indexing assigned by NLM

MeSH
Adult; Aged; Antidepressive Agents /administration & dosage /therapeutic use; Cognitive Therapy /methods; Combined Modality Therapy; Depressive Disorder, Major /drug therapy /prevention & control; Drug Administration Schedule; Females; Male; Middle Aged; Mindfulness /methods; Quality of Life; Recurrence; Single-Blind Method; Socioeconomic Factors; Treatment Outcome; Young Adult

Language Published
English

Country of organisation
England

English summary
An English language summary is available.
Address for correspondence
NETSCC, Health Technology Assessment, Alpha House, University of Southampton Science Park, Southampton, SO16 7NS UK Tel: +44 23 8059 5586 Email: hta@hta.ac.uk

AccessionNumber
32015001001

Date abstract record published
22/09/2015