

# Memantine plus sertraline effective for major depressive disorder

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(HealthDay)—The combination of memantine plus sertraline is

efficacious for major depressive disorder, according to a study published online Nov. 3 in the *Journal of Clinical Pharmacy and Therapeutics*.

Meysam Amidfar, Ph.D., from the Tehran University of Medical Sciences in Iran, and colleagues recruited 66 outpatients with a diagnosis of moderate-to-severe major depressive disorder to participate in a [randomized trial](#). Sixty-two participants completed six weeks of treatment with memantine plus [sertraline](#) or placebo plus sertraline. The Hamilton Depression Rating Scale (HDRS) was used to evaluate patients at baseline and at weeks two, four, and six.

The researchers observed a significant time  $\times$  treatment interaction on the HDRS score in repeated-measures analysis ( $P = 0.007$ ). The memantine group had significantly greater improvement at all three follow-up sessions, and significantly greater response rates at weeks four and six. The memantine group also had significantly more early improvers and more rapid response to treatment. Both groups had a significant reduction in the HDRS score from baseline to the study end point (both  $P$

"A six-week course of treatment with memantine as adjunct to sertraline showed a favorable safety and efficacy profile in patients with [major depressive disorder](#)," the authors write. "Nonetheless, larger controlled studies of longer duration are necessary to assess long-term safety, efficacy, and optimal dosing."

**More information:** [Full Text \(subscription or payment may be required\)](#)

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