IL-6 levels predict response to ECT in depressive disorder

March 14 2018

(HealthDay)—For patients with major depressive disorder, interleukin-6

(IL-6) may predict benefit from electroconvulsive therapy (ECT), according to a study published recently in the *Journal of Clinical Psychiatry*.

Jennifer L. Kruse, M.D., from the University of California at Los Angeles, and colleagues examined whether markers of inflammation predicted response to ECT in patients with treatment-resistant depression. Levels of C-reactive protein (CRP), IL-6, IL-8, and tumor necrosis factor α, and severity of depression symptoms (Montgomery-Asberg Depression Rating Scale [MADRS]) were assessed before ECT treatment, after the second ECT session, and at completion of the index treatment series in 29 patients.

The researchers found that there was a correlation for higher IL-6 levels at baseline, but not other inflammatory markers or clinical variables, with lower end-of-treatment MADRS score (P = 0.01). IL-6 remained a significant predictor of end-of treatment MADRS for women (P = 0.02), but not men (P = 0.1), when stratified by sex; CRP was a significant predictor for women (P = 0.04), but not men (P = 0.66). There were increases in CRP and IL-6 from baseline to the second ECT session (P

"Levels of IL-6 prior to ECT treatment may be useful in identifying those depressed patients most likely to benefit from ECT treatment," the authors write.

More information: Abstract/Full Text (subscription or payment may be required)

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