

Zuranolone bests placebo in postpartum depression

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For women with postpartum depression, zuranolone improves symptoms

of depression, as measured by the 17-item Hamilton Rating Scale for Depression (HAM-D-17) score, according to a study published online June 30 in *JAMA Psychiatry*.

Kristina M. Deligiannidis, M.D., from Zucker Hillside Hospital in Glen Oaks, New York, and colleagues conducted a randomized, outpatient trial involving women aged 18 to 45 years, no more than six months postpartum, with postpartum [depression](#) and a baseline HAM-D-17 score of 26 or higher. Participants were randomly assigned to either placebo or zuranolone administered orally each evening for two weeks (76 and 77 participants, respectively).

The researchers observed a significant day-15 improvement in HAM-D-17 score from baseline with zuranolone versus placebo (−17.8 versus −13.6; difference, −4.2). From day three through 45, sustained differences in HAM-D-17 scores favoring zuranolone were observed (differences, −2.7 and −4.1, respectively). At day 15, there were sustained differences favoring zuranolone for HAM-D-17 response (odds ratio, 2.63), HAM-D-17 score remission (odds ratio, 2.53), change from baseline for Montgomery-Åsberg Depression Rating Scale score (difference, −4.6), and Hamilton Rating Scale for Anxiety score (difference, −3.9). One patient in each group experienced a serious adverse event. Due to an adverse event, one patient in the zuranolone group and none in the [placebo group](#) discontinued treatment.

"These encouraging results are an important step in efforts to develop a novel treatment option for patients who suffer from this prevalent condition," Deligiannidis said in a statement.

Several authors disclosed financial ties to [pharmaceutical companies](#), including Sage Therapeutics, which manufactures zuranolone and funded the study. One author reports a patent pending for use of neuroactive steroids in the treatment of [postpartum depression](#).

More information: [Abstract/Full Text](#)

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