

TABLE 1	
Description of the study	
Study design	Randomized controlled trial
Setting	General practice
Participants	1000 patients with a diagnosis of depression
Intervention	Group 1: Cognitive behavioural therapy (CBT) + antidepressants Group 2: Antidepressants only
Outcome measures	Primary: Remission rate at 12 weeks Secondary: Time to remission, relapse rate, patient satisfaction
Results	Group 1 showed significantly higher remission rates compared to Group 2 at 12 weeks.

TABLE 2		
Comparison of outcomes between CBT + antidepressants and antidepressants only		
Outcome	CBT + Antidepressants	Antidepressants Only
Remission rate at 12 weeks	65%	55%
Time to remission (median)	8 weeks	10 weeks
Relapse rate at 6 months	25%	30%
Patient satisfaction (mean score)	7.5	6.8

CONCLUSIONS

The findings of this study suggest that the combination of cognitive behavioural therapy and antidepressants is more effective than antidepressants alone in the treatment of depression. The higher remission rate and shorter time to remission observed in the CBT + antidepressants group are clinically significant. Additionally, the lower relapse rate and higher patient satisfaction in the combination group further support its use as a first-line treatment for depression. These results have important implications for clinical practice, suggesting that a combined approach should be considered for patients with depression to optimize outcomes and patient well-being.