

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: Side effects, patient satisfaction, cost-effectiveness

TABLE 2		
Comparison of outcomes between CBT + antidepressants and antidepressants only		
Outcome	CBT + Antidepressants	Antidepressants only
Remission rate at 12 weeks	65%	55%
Side effects (n)	15	25
Patient satisfaction (n)	80	70
Cost-effectiveness (n)	90	85

RESULTS

The study was conducted in a general practice setting over a 12-week period. A total of 1000 patients with a diagnosis of depression were recruited and randomized into two groups. The first group received a combination of cognitive behavioural therapy (CBT) and antidepressants, while the second group received antidepressants only. The primary outcome was the remission rate at 12 weeks, which was significantly higher in the CBT + antidepressants group (65%) compared to the antidepressants only group (55%). Secondary outcomes included side effects, patient satisfaction, and cost-effectiveness. The CBT + antidepressants group had fewer side effects (15) compared to the antidepressants only group (25). Patient satisfaction was higher in the CBT + antidepressants group (80) compared to the antidepressants only group (70). Cost-effectiveness was also higher in the CBT + antidepressants group (90) compared to the antidepressants only group (85).