

# 8. Homeopathy & depression

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**8.1. Homeopathic Individualized Q-potencies versus Fluoxetine for Moderate to Severe Depression: Double-blind, Randomized Non-inferiority Trial** - Faculdade de Medicina de Jundiaí, Homeopathy Graduation Programme, Department of Psychobiology, Universidade Federal de Sao Paulo, Sao Paulo, Brazil

**Citation and Link:**

U. C. Adler, N. M. P. Paiva, A. T. Cesar, M. S. Adler, A. Molina, A. E. Padula and H. M. Calil, Homeopathic Individualized Q-potencies versus Fluoxetine for Moderate to Severe Depression: Double-blind, Randomized Non-inferiority Trial, eCAM 2009;Page 1 of 8.

[http://www.csoh.ca/News\\_2009-09\\_eCAM\\_Depression.pdf](http://www.csoh.ca/News_2009-09_eCAM_Depression.pdf)

**Aim & Method:**

“In this study, depressed outpatients were randomly assigned to a double-blind treatment with individualized homeopathic Q-potencies or fluoxetine. 91 outpatients with moderate to severe depression were assigned to receive an individualized homeopathic medicine or fluoxetine 20 mg day<sup>-1</sup> (up to 40 mg day<sup>-1</sup>) in a prospective, randomized, double-blind double-dummy 8-week, single-center trial. Primary efficacy measure was the analysis of the mean change in the Montgomery & Asberg Depression Rating Scale (MADRS) depression scores, using a non-inferiority test with margin of 1.45. Secondary efficacy outcomes were response and remission rates. Tolerability was assessed with the side effect rating scale of the Scandinavian Society of Psychopharmacology.”

**Results:**

“The non-inferiority analysis indicated that *the homeopathic Q-potencies were not inferior as compared to fluoxetine in treatment* of this sample of outpatients with moderate to severe depression. There were no significant differences between the percentages of response or remission rates in both groups. Tolerability: there were no significant differences between the side effects rates, although a higher percentage of patients treated with fluoxetine reported troublesome side effects and there was a trend toward greater treatment interruption for adverse effects in the fluoxetine group.”

**8.2. Homeopathic treatment of depression and anxiety** - Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, NC, USA.

**Link:**

Davidson JR, Morrison RM, Shore J, Davidson RT, Bedayn G, Homeopathic treatment of depression and anxiety, *Altern Ther Health Med*. 1997 Jan;3(1):46-9.

<http://www.ncbi.nlm.nih.gov/pubmed/8997804>

**Method:**

“Individually selected homeopathic remedies were used on an outpatient basis to treat 12 adults who had major depression, social phobia, or panic disorder. The patients either requested homeopathic treatment or received it on a physician's recommendation after partial or poor response to conventional therapies. Duration of treatment was 7 to 80 weeks.”

**Results:**

“Overall response rates were 58% according to the clinical global improvement scale and 50% according to the SCL-90 or the Brief Social Phobia Scale. Homeopathy may be useful in the treatment of affective and anxiety disorders in patients with mildly to severely symptomatic conditions”.