

APPENDIX F: Recommendations for clinical specifiers and dimensions of MDD

The following are treatment options available to treat the clinical specifier and dimension of a patient's MDD.

Specifiers/Dimensions	Recommendations	Level of Evidence
With anxious distress	Use an antidepressant with efficacy in generalized anxiety disorder	·
With catatonic features	Benzodiazepines	··
With psychotic features	Use antipsychotic and antidepressant co-treatment	····
With mixed features	Lurasidone	···
	Ziprasidone	··
With cognitive dysfunction	Vortioxetine	····
	Bupropion	···
	Duloxetine	···
	SSRIs	···
	Moclobemide	··
With sleep disturbances	Agomelatine	····
	Mirtazapine	···
	Quetiapine	···
	Trazodone	···
With somatic symptoms	Duloxetine (pain)	····
	Other SNRIs (pain)	···
	Bupropion (fatigue)	····
	SSRIs (fatigue)	···
	Duloxetine (energy)	···

Table adapted from the Canadian Network for Mood and Anxiety Treatments (CANMAT). 2016 Clinical Guidelines for the Management of Adults with Major Depressive Disorder: Section 3. Pharmacological Treatments. 2016.

**For depression with melancholic features, atypical features, with seasonal pattern, no specific antidepressants have demonstrated superiority.*

Level of evidence:

···· = Meta-analysis with narrow confidence intervals and/or 2 or more RCTs with adequate sample size, preferably placebo-controlled,

··· = Meta-analysis with wide confidence intervals and/or 1 or more RCTs with adequate sample size,

·· = Small-sample RCTs or nonrandomized, controlled prospective studies or case series or high-quality retrospective studies,

· = Expert opinion/consensus