#### REVIEW



#### Recent Advances in the Treatment of Treatment-Resistant Depression: A Narrative Review of Literature Published from 2018 to 2023

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#### Abstract

Purpose of Review We review recent advances in the treatment of treatment-resistant depression (TRD), a disorder with very limited treatment options until recently. We examine advances in psychotherapeutic, psychopharmacologic, and interventional psychiatry approaches to treatment of TRD. We also highlight various definitions of TRD in recent scientific literature.

Recent Findings Recent evidence suggests some forms of psychotherapy can be effective as adjunctive treatments for TRD, but not as monotherapies alone. Little recent evidence supports the use of adjunctive non-antidepressant pharmacotherapies such as buprenorphine and antipsychotics for the treatment of TRD; side effects and increased medication discontinuation rates may outweigh the benefits of these adjunctive pharmacotherapies. Finally, a wealth of recent evidence supports the use of interventional approaches such as electroconvulsive therapy, ketamine/esketamine, and transcranial magnetic stimulation for TRD.

Summary Recent advances in our understanding of how to treat TRD have largely expanded our knowledge of best practices in, and efficacy of, interventional psychiatric approaches. Recent research has used a variety of TRD definitions for study inclusion criteria; research on TRD should adhere to inclusion criteria based on internationally defined guidelines for more meaningfully generalizable results.

Keywords Treatment-resistant depression (TRD) - Major depressive disorder (MDD) - Electroconvulsive therapy (ECT) - Transcranial magnetic stimulation (TMS) - Ketamine - Esketamine - Pharmacotherapy

#### Introduction

While there is no universally accepted definition, treatment-resistant depression (TRD) often refers to a condition of those with major depressive disorder (MDD) whose

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Department of Pharmacology, University of Toronto, Toronto, Canada depression fails to respond to at least two trials of antidepressants [1, 2, 3++]. TRD is highly prevalent in the US with a yearly incidence of 2.8 million people, 30.9% of those 8.9 million treated for MDD [4]. Treating TRD poses a challenge, with risk factors of TRD including many psychiatric comorbidities, greater depression severity, and older age [5-7]. Patients with TRD have higher rates of psychiatric comorbidities, have more severe depression, and exhibit substantially higher rates of suicide risk relative to those with non-resistant MDD, stressing the need for more effective treatments [8-11]. Moreover, those with TRD cost health systems more per-patient compared to those with nonresistant MDD, reflecting higher rates of hospitalizations and multiple medication trials [12-14]. The need to develop novel treatments for TRD is thus both an epidemiological and financial imperative [15].

Treatments for TRD have historically relied on pharmacotherapy employing strategies of optimization, combination, switching, and augmentation, each on an individual basis [16]. Optimization consists of adjusting antidepressant (AD) dose or duration length to seek a clinical response.

# **Recent Advances In Depression**

Mengcheng Wang, Yiyun Shou, Joseph Wu, Hui-Fang Chen, Cheng-Ta Yang, Kazuhisa Takemura

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Recent Advances in the Psychobiology of the Depressive Illnesses Thomas A. Williams, Martin M. Katz, James Asa Recent Advances in the Psychobiology of the Depressive Illnesses; Proceedings of a Workshop Shield, 1972 Sponsored by the Clinial Research Branch, Division of Extramual Research Programs National Institute of Mental Recent Advances in the Psychobiology of the Depressive Illnesses Martin M. Katz, Thomas Andrew Recent Advances and Challenges in the Treatment of Major Depressive Disorder Williams, James Asa Shield, 1969 Yong-Ku Kim, 2024-09-12 This book reviews all aspects of major depressive disorder MDD casting light on its neurobiological underpinnings and describing the most recent advances in management The book is divided into four sections the first of which discusses MDD from a network science perspective highlighting the alterations in functional and structural connectivity and presenting insights achieved through resting state functional MRI and the development of neuroimaging based biomarkers The second section examines important diagnostic and neurobiological issues while the third considers the currently available specific treatments for MDD including biofeedback neurofeedback cognitive behavioral therapy acceptance and commitment therapy neuromodulation therapy psychodynamic therapy and complementary and alternative medicine A concluding section is devoted to promising emerging treatments from novel psychopharmacological therapies through to virtual reality treatment immunotherapy biomarker guided tailored therapy and more Written by leading experts from across the world the book will be an excellent source of information for both researchers and practitioners Advances on the Multimodal Search for Markers of Treatment Response in Affective Disorders: From Bench to Bedside? Frank M Schmidt, Christian Sander, Martin Walter, 2019-11-28 Recent Advances in Theories and Practice of Chinese Medicine Haixue Kuang, 2012-01-18 During the recent years traditional Chinese medicine TCM has attracted the attention of researchers all over the world It is looked upon not only as a bright pearl but also a treasure house of ancient Chinese culture Nowadays TCM has become a subject area with high potential and the possibility for original innovation This book titled Recent Advances in Theories and Practice of Chinese Medicine provides an authoritative and cutting edge insight into TCM research including its basic theories diagnostic approach current clinical applications latest advances and more It discusses many often neglected important issues such as the theory of TCM property and how to carry out TCM research in the direction of TCM property theory using modern scientific technology. The authors of this book comprise an international group of recognized researchers who possess abundant clinical knowledge and research background due to their years of practicing TCM Hopefully this book will help our readers gain a deeper understanding of the unique characteristics of Chinese medicine Clinical Psychiatry: Recent Advances and Future Directions, An Issue of Psychiatric Clinics of North America David Baron, 2015-09-07 Recent advances in clinical psychiatry are presented by David Baron and Lawrence Gross in this issue of Psychiatric Clinics Psychiatrists will find here disorders they deal with daily in patients and topics include

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From West to East: Recent Advances in Psychometrics and Psychological Instruments in Asia Mengcheng Wang, Yiyun Shou, Joseph Wu, Hui-Fang Chen, Cheng-Ta Yang, Kazuhisa Takemura, 2022-03-03 Depression and Dementia Suptendra Nath Sarbadhikari, 2005 Many of the mechanisms of brain action in health as well as diseases like depression and dementia are non linear. The psychomotor theory can shed some light on the brain mind body interaction in health and disease Specific neurotransmitters through their different receptor subtypes ultimately act along some final common pathway in a lateralised fashion to produce depression and dementia The currently available neurochemical and genetic evidences and their correlation with life events from population based studies may be useful in screening susceptibility to dementia and depression Further criteria may be set up for susceptibility to these diseases and they might help designing early interventions in prevention of depression and dementia The breakdown of the BBB Blood brain barrier through Heat Shock Protein HSP is also responsible for many neurodegenerative diseases Aggressive and individualised management of patients suffering from depression and dementia may be the most promising gift of medical science and technology to humanity Nonlinear dynamic analysis NDA of EEG electroencephalography may aid in the differential diagnosis of dementias However the methodologies have to be standardised further to make it clinically acceptable universally ERPs event related potentials in EEG can be of great help in diagnosis and also assessing prognosis of dementias Finally fusion or hybrid techniques especially those incorporating fMRI or functional magnetic resonance imaging along with gEEG or quantitative EEG can be of immense help in diagnosing managing and predicting the prognosis of depression and dementia This book discusses the above issues and offers an important update in the area of depression and dementia New Advances in Neurorehabilitation Nicola Smania, Stefano Tamburin, Giorgio Sandrini, Leopold Saltuari, Volker Hoemberg, 2019-12-24

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