

**TABLE 3.1** Randomized Controlled Trials for Treatment of Depression in Low-Income and Middle-Income Countries Since 2001

| COUNTRY          | SETTING  | STUDY DESIGN | SAMPLE  | INTERVENTION   | COMPARISON GROUP                     | MAIN RESULTS   |
|------------------|--|--------------|---|--|--------------------------------------|--|
| Uganda           | Villages   | Cluster RCT  | 248 villagers of both sexes with depression             | Group interpersonal psychotherapy  | Villages without intervention groups | 93.5% recovered with intervention vs. 45.3% in comparison group at the end of treatment, and 88.3% vs. 45.1% at 6 months ( $p < 0.001$ )             |
| India            | General medical outpatients at a district hospital | RCT          | 450 adults with common mental disorders                 | Fluoxetine or individual problem-solving treatment   | Placebo                              | 70% of antidepressant group recovered at 2 months compared with 54% of placebo group ( $p = 0.01$ ); no difference between psychotherapy and placebo |
| Chile            | Primary care                                       | RCT          | 240 depressed women living in deprived urban areas      | Multi-component stepped-care programme including psychoeducational groups for all and antidepressants for more severe only | Usual care                           | 70% recovered with intervention vs. 30% in usual care at 6 months ( $p < 0.001$ )  |
| Pakistan Karachi | Urban community                                    | RCT          | 366 lower middle-class women with depression or anxiety | 8 individual counselling sessions at home by minimally trained counsellors   | No intervention                      | Reduction in mean symptom scores ( $p < 0.001$ ) at the end of intervention (8 weeks)  |
| Mexico           | Community mental-health centres in Mexico City     | RCT          | 135 female patients with depressive symptoms            | 6 psycho-educational group sessions  | One session of information           | Both groups improved but no differences between groups at 4 months and deterioration at 2 years (only 39 women included in final analysis)           |

RCT = Randomized controlled trial.

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