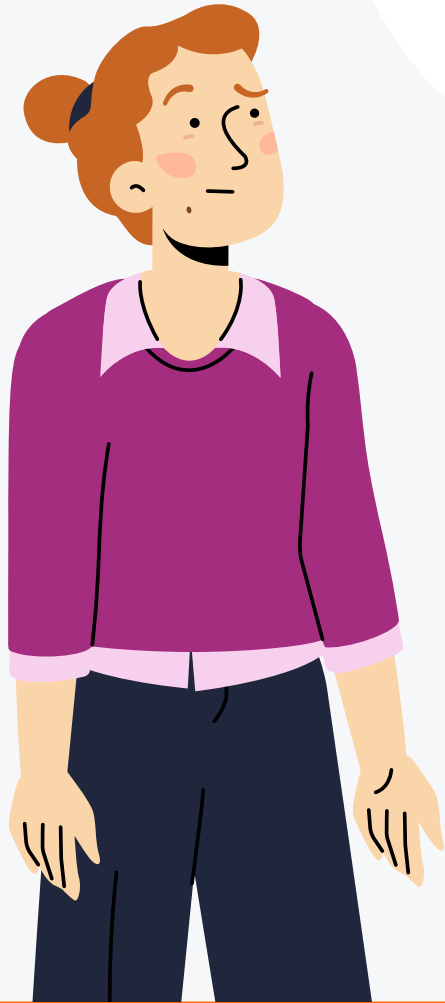
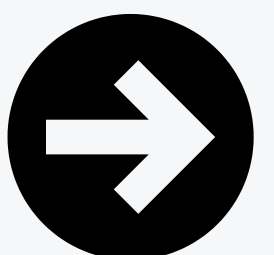


LQD



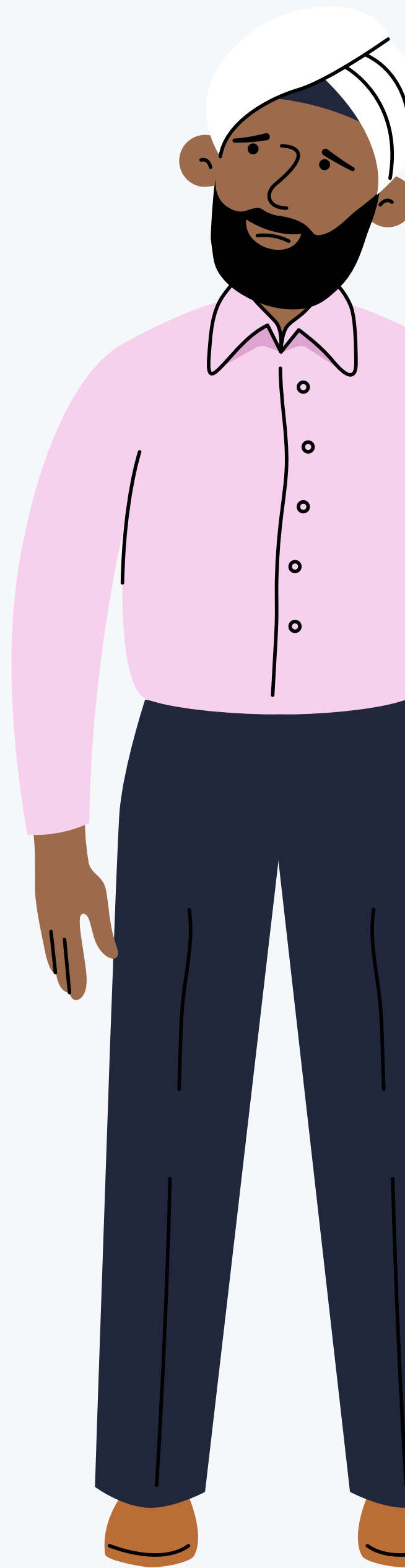
NEW EVIDENCE FOR PRESCRIBERS TO

Help people with  
'difficult-to-  
treat depression'



Around 20–50% of patients with depression meet criteria for difficult-to-treat depression.

These patients do not achieve full remission despite at least two adequate antidepressant trials.



# Evidence-based options

Antidepressant augmentation - can involve lithium or antipsychotics.

Psychotherapies include CBT and interpersonal therapy; newer options include mindfulness-based cognitive therapy.

Brain stimulation includes repetitive transcranial magnetic stimulation (TMS), and transcranial direct current stimulation.



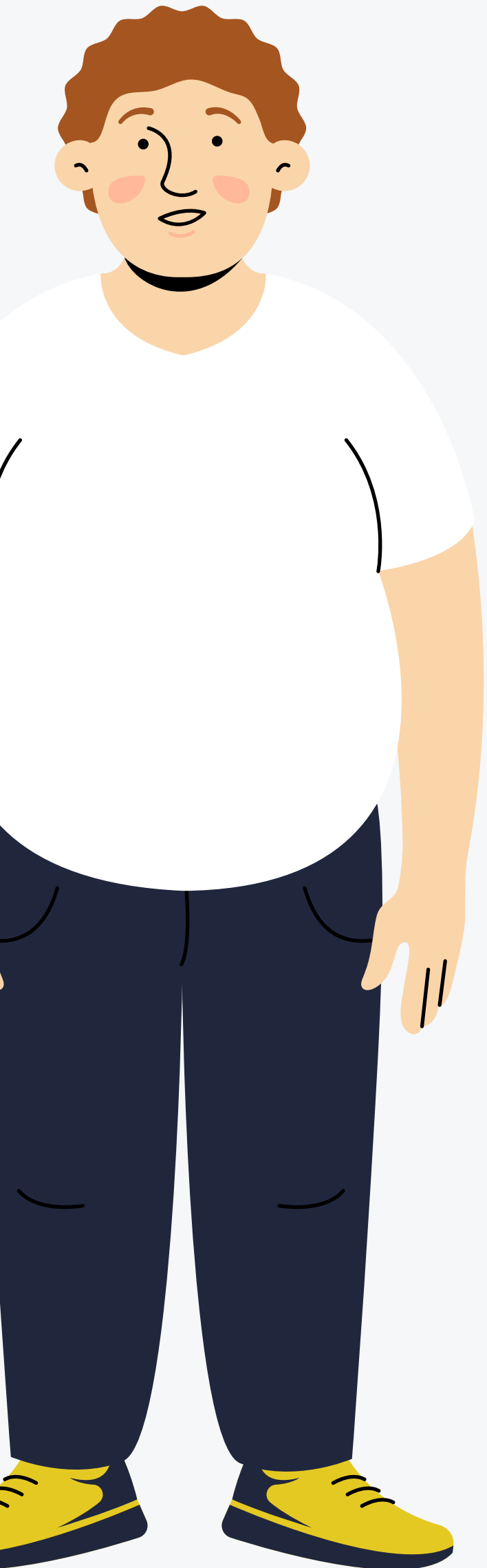
# Access to treatments

Access to these treatments in the UK is limited.

Many patients remain in primary care without additional support or are unable to access specialist services or newer interventions.



# Novel treatments



Newer treatments like ketamine, TMS and psychedelic-assisted therapy are emerging but not yet widely available outside of specialist centres or research trials.

These approaches show promise, but often face regulatory and resource barriers.

# Stuck for years

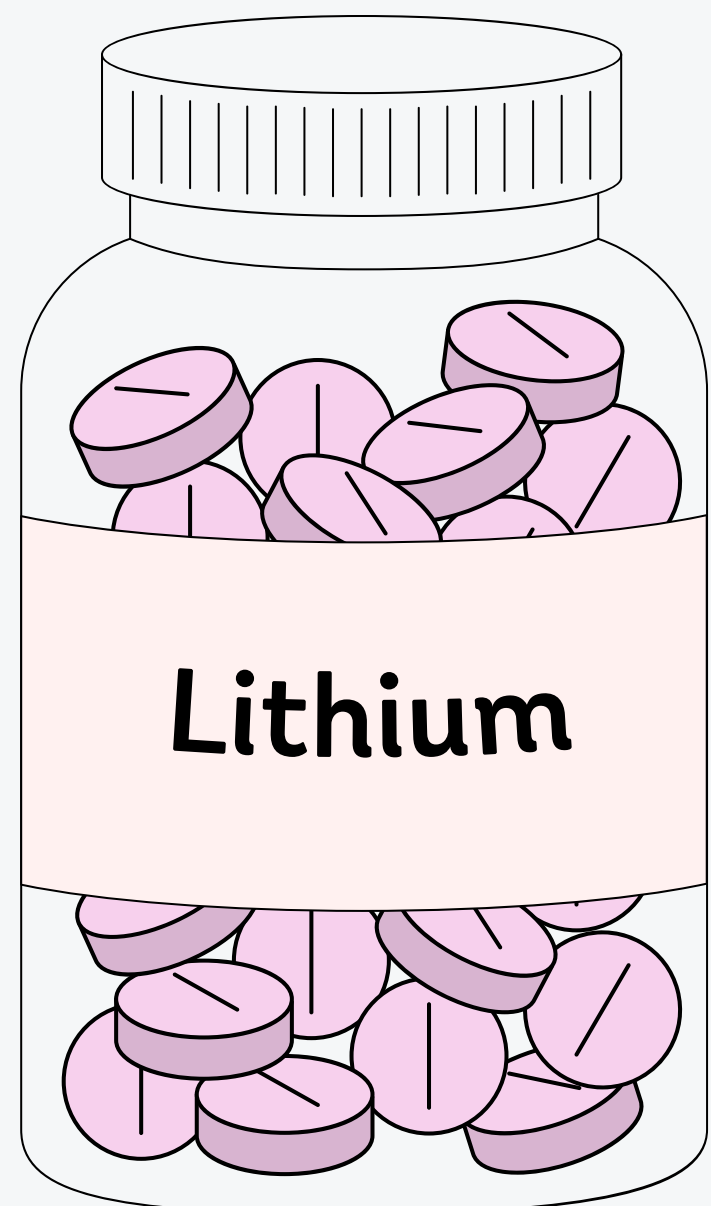
As a result, many patients live with persistent symptoms for years.

Delays in access, inertia in changing treatments, underfunding, and a lack of clear guidance on practical implementation contribute to long-term disability and impaired quality of life.



# Safe & effective

The new LQD study found that both quetiapine and lithium are safe and effective adjunct treatments for people with difficult-to-treat depression.





Quetiapine was found to be superior to lithium in improving symptoms of depression over the course of a full year.

# Underused & cost effective

Both medications are effective for difficult-to-treat depression and are underused.

Quetiapine is more cost-effective than lithium from both a societal and service perspective.



# Quality of life

Patients reported better functioning and quality of life with quetiapine.



FREE WEBINAR ON OCT 6TH

# New hope for 'difficult-to-treat depression'

Refresh your knowledge on:

Medication

Psychotherapies

Brain Stimulation

Diet and Exercise

Psychedelics

Ketamine

Electroconvulsive Therapy

#ElfHelp



LQD

**NHS**  
South London  
and Maudsley  
NHS Foundation Trust

**KING'S**  
College  
LONDON