

Journal of the American Academy of Child & Adolescent Psychiatry:

July 2009 - Volume 48 - Issue 7 - pp 721-729

doi: 10.1097/CHI.0b013e3181a2b304

New Research

Escitalopram in the Treatment of Adolescent Depression: A Randomized Placebo-Controlled Multisite Trial

EMSLIE, GRAHAM J. M.D.; VENTURA, DANIEL Ph.D.; KOROTZER, ANDREW Ph.D.; TOURKODIMITRIS, STAVROS Ph.D.



Abstract

Objective: This article presents the results from a prospective, randomized, double-blind, placebo-controlled trial of escitalopram in adolescent patients with major depressive disorder.

Method: Male and female adolescents (aged 12-17 years) with *DSM-IV*-defined major depressive disorder were randomly assigned to 8 weeks of double-blind treatment with escitalopram 10 to 20 mg/day ($n = 155$) or placebo ($n = 157$). The primary efficacy parameter was change from baseline to week 8 in Children's Depression Rating Scale-Revised (CDRS-R) score using the last observation carried forward approach.

Results: A total of 83% patients (259/312) completed 8 weeks of double-blind treatment. Mean CDRS-R score at baseline was 57.6 for escitalopram and 56.0 for placebo. Significant improvement was seen in the escitalopram group relative to the placebo group at endpoint in CDRS-R score (-22.1 versus -18.8, $p = .022$; last observation carried forward). Adverse events occurring in at least 10% of escitalopram patients were headache, menstrual cramps, insomnia, and nausea; only influenza-like symptoms occurred in at least 5% of escitalopram patients and at least twice the incidence of placebo (7.1% versus 3.2%). Discontinuation rates due to adverse events were 2.6% for escitalopram and 0.6% for placebo. Serious adverse events were reported by 2.6% and 1.3% of escitalopram and placebo patients, respectively, and incidence of suicidality was similar for both groups.

Conclusions: In this study, escitalopram was effective and well tolerated in the treatment of depressed adolescents. *J. Am. Acad. Child Adolesc. Psychiatry*, 2009;48(7):721-729.

Clinical trial registration information-The Safety and Efficacy of Escitalopram in Pediatric Patients With Major Depressive Disorder. URL: <http://www.clinicaltrials.gov/>. Unique identifier: NCT00107120.

Copyright 2009 © American Academy of Child and Adolescent Psychiatry

You currently do not have access to this article.

You may need to:

- [Register an account](#).
- [Login](#) if you are a registered subscriber.
- [Subscribe to this Journal](#) , or
- [Purchase access to this article](#) if you are not a current subscriber.
- [View this article in Ovid](#) if your institution subscribes to this journal.

Note: If your society membership provides for full-access to this article, you may need to login on your society's web site first.