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Prevention of Post-stroke Mortality Using Problem Solving Therapy or Escitalopram

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Abstract-

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Objective: This study reexamined patients from a randomized controlled one year double blind trial of escitalopram, Problem Solving Therapy and placebo to prevent depression among patients less than three months following stroke. The objective of the current study was to determine if preventive treatment would predict time to death over 8-10 years follow-up. Based on the importance of depression in post stroke mortality and a previous study of this population at 18 months follow-up which showed that stopping escitalopram but not Problem Solving Therapy led to a significant increase in depression, we hypothesized that Problem Solving Therapy would be associated with the longest time to death.

Methods: Of 129 eligible patients, 122 were contacted while 7 were lost to follow-up. Families and surviving patients were interviewed to determine current health status or the date and cause of death.

Results: Using the Weibull model of log time (years) to death, controlled for age, severity of physical illness, gender, severity of stroke, and history of depression following study entry, there was a significant independent effect of treatment. Problem Solving Therapy significantly and

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