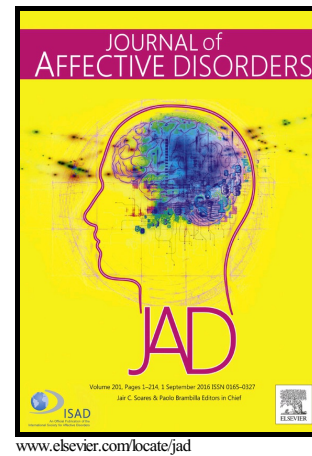


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A Randomized, Double-Blind, Placebo-Controlled, Crossover Trial Evaluating the Effect of Intranasal Insulin on Cognition and Mood in Individuals with Treatment-Resistant Major Depressive Disorder

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Abstract

BACKGROUND

Cognitive dysfunction in major depressive disorder (MDD) is identified as a primary therapeutic target; no current treatment is approved for the treatment of cognitive dysfunction in MDD. We examined whether intranasal insulin offered a beneficial effect across measures of cognitive function in adults with MDD.

METHODS

Thirty-five adults (18-65 years of age: 47.09 ± 9.89) meeting criteria for a major depressive episode as per the Diagnostic and Statistical Manual (DSM)-IV-Treatment Revised were included in this randomized, double blind, placebo-controlled, crossover design study. Subjects were not stratified based on baseline cognitive deficit. Subjects were randomized to 4 weeks of

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