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Effects of adjunctive *N*-acetylcysteine on Depressive symptoms: modulation by baseline high-sensitivity C-reactive protein

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Abstract

Outcomes in a RCTs of 12 weeks of theclinical efficacy of *N*-acetylcysteine (NAC) as an adjunctive treatment on depression and anxiety symptoms and its effects on high-sensitivity C-reactive protein (hs-CRP) levels. A wide array of measures were made. The 17-item version of the Hamilton Depression Rating Scale (HDRS17); the Hamilton Anxiety Rating Scale (HAM-A); Sheehan Disability Scale; Quality of Life; Clinical Global Impression (CGI); anthropometrics measures; and vital signs and biochemical laboratory. There were no significant differences among the groups regarding demographic, clinical features, use of medication, metabolic syndrome and comorbidities. From baseline to week 12, individuals receiving NAC, versus placebo, had a statistically significant reduction in depressive symptoms on $HDRS_{17}$ ($p < 0.01$) and anxiety symptoms on HAM-A ($p=0.04$), but only for individuals with levels of hs-CRP > 3 mg/L at baseline. Individuals