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# Efficacy of antidepressants on measures of workplace functioning in major depressive disorder: a systematic review

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## Abstract

**Introduction:** Work-related disability and productivity loss in Major Depressive Disorder (MDD) are critical determinants of patient quality of life and significantly contribute to the human and economic costs of MDD. Notwithstanding the return to work and pre-morbid levels of functioning as critical therapeutic objectives among individuals with MDD, it is unclear whether antidepressant treatment significantly and reliably improves measures of workplace functioning. Herein, we investigate to what extent antidepressant treatment improves workplace functioning among adults with MDD.

**Methods:** We conducted a systematic review of randomized, double-blind, placebo-controlled or active comparator clinical trials primarily or secondarily investigating the efficacy of antidepressant agents on subjective ratings of workplace functioning and/or measures of work absence.

**Results:** Thirteen placebo-controlled and four active comparator clinical trials reported on the efficacy of agomelatine, bupropion, desvenlafaxine, duloxetine, fluoxetine, levomilnacipran, paroxetine, sertraline, venlafaxine, or vortioxetine on subjective measures of workplace impairment. Overall, antidepressant treatment improved standardized measures of workplace functioning (e.g., Sheehan Disability Scale-work item). One placebo-controlled trial of agomelatine and one clinical trial comparing the efficacy of

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