

# bupropion for the treatment of seasonal affective disorder

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Available evidence indicates that bupropion XL is an effective intervention for prevention of recurrence of SAD. Review authors recommend that future studies should directly compare antidepressants versus other treatments such as light therapy, psychological therapies or other drugs to determine the best treatment for preventing winter depression. We assessed publication bias by using funnel plots. As no available studies have compared these treatments, patient preferences have to be taken into consideration. However, given the small number of component studies in our meta-analyses, these tests have low sensitivity to detect publication bias. In some people, winter blues becomes depression, which seriously affects their daily lives. However, bupropion XL leads to greater risk of headaches moderate-quality evidence, insomnia and nausea both low-quality evidence when compared with placebo. We could find no studies on other SGAs and no studies comparing SGAs with other interventions of interest such as light therapy, psychological therapies, melatonin or agomelatine. Up to two-thirds experience depressive symptoms every winter. The predictable seasonal aspect of SAD provides a promising opportunity for prevention. The prevalence of SAD ranges from 1. Of records, we found three randomised controlled studies including people who received bupropion extended-release only one of many available antidepressants, but the only one licensed for prevention of winter depression or placebo. When data were sufficient, we conducted random-effects Mantel-Haenszel meta-analyses. Results show that antidepressants can prevent winter depression in about one in eight people. Doctors need to discuss with patients the advantages and disadvantages of antidepressants and other potentially preventive treatments for winter depression such as light treatment, psychological therapies or lifestyle interventions. We assessed 91 full-text papers for inclusion in the review, of which four publications on three RCTs providing data from people met eligibility criteria for this review. For adverse events, we planned to include non-randomised studies. You may also be interested in: We used the I<sup>2</sup> statistic to estimate the magnitude of heterogeneity and examined potential sources of heterogeneity using sensitivity analysis or analysis of subgroups. We resolved disagreements by consensus or by consultation with a third party. BACKGROUND: Seasonal affective disorder (SAD) refers to regularly recurring episodes of affective illness bearing a fixed relationship to season. Wintertime depression is its most widely recognized form. This study was undertaken to assess the efficacy of bupropion as a treatment for this disorder. METHOD: Fifteen. Jan 1, - The Canadian Consensus Guidelines for the Treatment of Seasonal Affective Disorder discuss pharmacologic and nonpharmacologic treatment options.<sup>5</sup> However, well-designed trials directly comparing pharmacologic with nonpharmacologic options are lacking. When using extended-release bupropion. Reviews and ratings for bupropion when used in the treatment of seasonal affective disorder. 14 reviews submitted. Feb 8, - In all honesty, research shows that with SAD, treatment effects using bupropion are relatively small compared to placebo. As found in three clinical efficacy trials with bupropion, the overall rate of patients depression-free at the end of treatment was 84% for those on taking Wellbutrin XL compared with 72%. Jun 12, - June 12, -- The FDA has approved the first drug to treat seasonal affective depression (SAD), a form of depression that strikes during the year's darker seasons (autumn and winter). The drug is Wellbutrin XL (bupropion HCL extended-release tablets), which is already approved to treat. Sep 15, - Think you might have seasonal affective disorder (SAD)? Find out how doctors diagnose it and what treatments work. Not considered to be a unique diagnostic entity in itself, but rather a subtype specifier used to describe temporal variations in recurrent major depressive or bipolar disorders over at least a 2-year period. Most commonly presents with onset of depression in the fall or winter, and full remission. Jun 13, - This is the first drug approved for SAD. Wellbutrin XL (bupropion HCL extended release tablets) previously was approved for treatment of major depressive disorder. SAD is characterized by recurrent major depressive episodes that usually coincide with the seasonal decrease of daylight during autumn and. Jul 15, - Bupropion (Aplenzin, Wellbutrin, Wellbutrin SR, Wellbutrin XL) is used to treat depression. Bupropion (Aplenzin, Wellbutrin XL) is also used to treat seasonal affective disorder (SAD; episodes of depression that occur at the same time each year [usually in the fall and winter but rarely may occur in the spring. Nov 10, - Symptoms

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center on sad mood and low energy. Those most at risk are female, are younger, live far from the equator, and have family histories of depression, bipolar disorder, or SAD. Screening instruments include the Seasonal Pattern Assessment Questionnaire (SPAQ). Typical treatment includes.