

# SOUTHWESTERN NEWS

Contact: Ann Harrell  
(214) 648-3404

## UT SOUTHWESTERN MEDICAL CENTER IS TEXAS SITE FOR STUDY OF CHRONIC DEPRESSION IN ADULTS

DALLAS – Jan. 16, 1997 – Some people with chronic depression are depressed so long they forget what feeling normal is like.

Dr. Madhukar Trivedi, a specialist in treating depression at UT Southwestern Medical Center at Dallas, and his associates are looking for such chronically depressed people to participate in the first large multicenter study of the problem. UT Southwestern is the only Texas site in the 12-center study, which is designed to find the best treatment or treatments for chronic depression.

Patients in the study will be treated with the Food and Drug Administration-approved antidepressant medication Serzone (nefazodone), cognitive behavior therapy, or both. The study will last nearly two years.

"It's a sad thing, but these people may have been depressed all or most of their lives. Other persons who are chronically depressed may have suffered from a bout or bouts of major depression and never recovered fully although they are far less depressed than when their symptoms were at their worst," said Trivedi, an assistant professor of psychiatry.

"Perhaps some of the patients have been treated for chronic depression in the past," Trivedi said. "They – and often their physician or therapist – think they are cured. However, all too often this 'cure' is not complete: The person feels much better but does not realize that he or she does not feel like he or she did before the depression set in. Additionally, their functioning also remains impaired to varying degrees."

Trivedi is excited about the potential of this study to help these people.

"We see chronic depression in many patients who have received treatment, but the treatment was not long enough to 'cure' the patients," Trivedi said. "Partial improvement should never be accepted as a reasonable goal of treatment."

Persons between the ages of 18 and 75 who suffer from chronic depression and are interested in participating may call (214) 648-4282 for more information.

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