

S-adenosyl-I-methionine (SAMe) as antidepressant: meta-analysis of clinical studies. Bressa GM¹.

Author information

Abstract

INTRODUCTION: S-adenosyl-I-methionine (SAMe) is a naturally-occurring substance which is a major source of methyl groups in the brain.

MATERIAL AND METHODS: We conducted a meta-analysis of the studies on SAMe to assess the efficacy of this compound in the treatment of depression compared with placebo and standard tricyclic antidepressants.

RESULTS: Our meta-analysis showed a greater response rate with SAMe when compared with placebo, with a global effect size ranging from 17% to 38% depending on the definition of response, and an antidepressant effect comparable with that of standard tricyclic antidepressants.

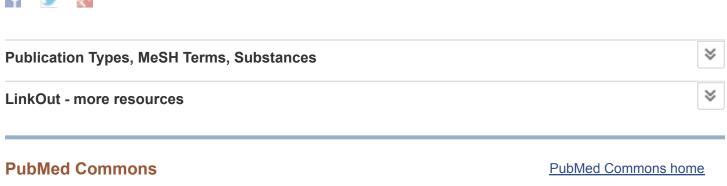
CONCLUSION: The efficacy of SAMe in treating depressive syndromes and disorders is superior with that of placebo and comparable to that of standard tricyclic antidepressants. Since SAMe is a naturally occurring compound with relatively few side-effects, it is a potentially important treatment for depression.

PMID: 7941964 [PubMed - indexed for MEDLINE]









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