

Antidepressants to prevent relapse in depression in older people, aged 75 years and over

Purpose of the ANTLER 75+ Trial

When people on antidepressants have recovered from depression, they may want to know if there are benefits to staying on their medication or if they can stop treatment. This trial is trying to find out if it is better for individuals aged 75+ to stay on their antidepressant for a further 12 months or to taper off and then stop.



Who can take part?

We are looking for individuals:

- Aged 75 years or over
- Are currently taking one of the following antidepressants for depression: **Citalopram (20 mg)**, **Mirtazapine (30 mg)** or **Sertraline (50 mg)**
- Are well enough to consider stopping their antidepressant

If you think you could be eligible and would like to take part, please talk to your doctor who can give you an information sheet and invitation letter

What's involved?

If you are eligible, you will be randomised to either:

A. Continue taking your usual antidepressant, **or**

B. Tapered off your antidepressant before stopping and having it replaced with a placebo (dummy) drug

(Note: Neither you, nor your doctor will know which drug you will receive.)

Researchers will phone you regularly (roughly once every 4-weeks) over a 12-month period to complete questionnaires and monitor your health.

If you think your depression is returning, you will be advised to see your GP

How will my data be used?

This data will be used to answer an important research question that could change clinical care. All data collected will be stored in secure databases (see information sheet for more details)

For more information, speak to your GP or contact the research team on: +44 161 358 5733

