

# LQD

Lithium and quetiapine are two add-on therapies currently licenced and recommended for treatment resistant depression (TRD) and have been demonstrated to be significantly more effective than antidepressant monotherapy or placebo. However, these treatments are underutilised in clinical practice and present a dilemma for clinicians as neither has been established as being superior to the other.

The LQD study addresses this need. LQD is a multicentre randomised clinical trial comparing the clinical and cost effectiveness of lithium versus quetiapine when used as add-on therapies to antidepressant medication for patients with TRD. We will assess patients over 12 months to establish which (if any) treatment is more likely to improve TRD over a long duration of time. The trial aims to help shape a modified treatment pathway in which one of these medications will become a preferential first line intervention over the other, or one in which there is known equivalence and factors other than clinical or cost effectiveness will determine the appropriate treatment choice.

Strengths of the study include its pragmatic superiority design, broad inclusion criteria and longer follow up than previous studies. Pragmatic trials measure the effectiveness of a treatment when used in routine clinical practice. LQD has been designed to reflect real world clinical practice as much as possible to maximise the generalisability of our results. This means that trial clinicians do not need to alter their standard practice if a patient is taking part in the trial, aside from considering prescribing as per randomisation.

We are currently over a year into the study and have reached a third of our recruitment target with almost 100 participants taking part in the study, 38 from the North East area. Often participants have commented on how valuable it has been taking part in the study. The team is flexible, approachable and committed in achieving the best for the participants and the research.

Please contact the study team if you are interested or know someone who is suitable for the study via email [Kimberley.nortey@ntw.nhs.uk](mailto:Kimberley.nortey@ntw.nhs.uk) or [Joe.Swift@ntw.nhs.uk](mailto:Joe.Swift@ntw.nhs.uk). Telephone: 01912082108 or 01912081353

## **STUDY ELIGIBILITY**

### **Inclusion criteria:**

- Currently depressed and taking an antidepressant
- Aged 18+ years
- Patient has not responded to 2+ antidepressants in the current episode

### **Exclusion criteria:**

- Bipolar disorder
- Current psychosis (other comorbid conditions are ok)
- Adequate (>4 weeks) use of lithium or quetiapine in the current episode
- Contraindication to lithium / quetiapine e.g. untreated hypothyroidism, severe cardiac disease or severe renal impairment