Summary of the Evidence for SGAs and CBT as First- and Second-Step Interventions for MDD\textsuperscript{12}

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Response</th>
<th>Remission</th>
<th>Overall Treatment Discontinuation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Effect</td>
<td>Strength of Evidence</td>
<td>Effect</td>
</tr>
<tr>
<td>SGAs vs CBT</td>
<td>No statistically significant difference</td>
<td>Moderate</td>
<td>No statistically significant difference</td>
</tr>
<tr>
<td>SGAs vs SGAs + CBT</td>
<td>No statistically significant difference</td>
<td>Low</td>
<td>No statistically significant difference</td>
</tr>
</tbody>
</table>

**First-Step Intervention for Managing MDD**

**Second-Step Intervention for Managing MDD**

- **Switching to another SGA as second-step therapy because of lack of benefit**
  - No statistically significant difference (among various SGAs) | Moderate | No statistically significant difference (among various SGAs) | Moderate | N/A | N/A

- **Switching to another SGA vs switching to CBT because of lack of benefit**
  - No statistically significant difference | Low | No statistically significant difference | Low | N/A | N/A

- **Augmentation with a different pharmacotherapy (an SGA or a non-SGA) as a second-step therapy**
  - No statistically significant difference (among various SGAs) | Low | No statistically significant difference (among various SGAs) | Low | N/A | N/A

- **Augmentation with an SGA or with CBT**
  - No statistically significant difference | Moderate | No statistically significant difference | Low | N/A | N/A

SGA = second-generation antidepressant; CBT = cognitive behavioral therapy; MDD = major depressive disorder; N/A = not applicable.