

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
Kahan et al. , (2006) USA PCT N=76	<p>Population: Treatment group: SCI=28, Other conditions=26; Mean age=51.4 yr Gender: males=52.7%, females=46.3%; Time since injury=26.2 yr; Quasi control group: SCI=13, Other=9; Mean age=44.2 yr; Gender: males=45.5%, females=54.4%; Time since injury=18.8 yr. Depression status=major depression evaluated using Older Adult Health and Mood Questionnaire (OAHMQ).</p> <p>Intervention: Treatment group received a mixture of outpatient cognitive behavioral psychotherapy and antidepressant medication (individualized), for 30 wk.</p> <p>Outcome Measures: OAHMQ-depression; Life Satisfaction Scale (LSS), The Community Activities Checklist -community activity involvement. Treatment group: @ baseline (T1), 10 weeks (T2) & 30 weeks (T3). Control group: @ 2 points (routine medical visits) spanning 2 yr.</p>	<ol style="list-style-type: none"> 1. Depression Outcomes: Depression rate of the treatment group was improved between all time points ($p \leq 0.001$). 2. At baseline, OAHMQ scores in 53/54 treatment subjects classified as “experiencing major depression” and 1/54 had “significant depression symptoms”. By T3, 41 subjects classification had improved and 13 remained the same with an improved OAHMQ score ($p \leq 0.001$). Overall, 71% of SCI subjects’ depression improved following treatment. 3. At baseline, treatment and control groups’ depression scores were similar, but were significantly different after treatment ($p \leq 0.001$). Mean depression scores reduced by 50% & 12% in treatment & control groups, respectively.
Kemp et al. , (2004) USA PCT N _{Initial} =43 N _{Final} =28	<p>Population: SCI: Age=20-74 yr; Gender: males 32; females=11; Time since injury=5-37 yr; 28 treated for depression, 15 acted as quasi-controls. Depression status=major depression using Older Adult Health and Mood Questionnaire (OAHMQ)</p> <p>Intervention: 6 mo of individual outpatient treatment. Two components: psychotherapy and medication were offered to all. Cognitive Behavioural Therapy (CBT) began once a week for the first 2 mo then was reduced to twice a mo. All were prescribed an antidepressant based upon their needs and physician’s decision. Average number of therapy session completed was 14/17 (range 6-17).</p> <p>Outcome Measures: Older Adult Health and Mood Questionnaire (OAHMQ) Hamilton Depression Rating Scale (HDRS), Community activities checklist, Life Satisfaction Scale (LSS)</p>	<ol style="list-style-type: none"> 1. Depression Outcomes: A decrease was observed in depression scores from 0-24wk in the treatment group ($p < 0.001$). 2. Paired t-tests indicated a 24% decline in depression scores from 0-8wk (time 1=15.7, time 2=11.9, $p < 0.001$) and from 8-24 wk (6.7) ($p < 0.001$). 3. 8 subjects continued to score in the range for major depression. If cases with variable treatment adherence were eliminated 100% of participants treated no longer had scores in the range of major depression. 4. A further increase was noted between 8 and 24 wk (time 2=15.5, time 3=22.3, $p < 0.001$). The correlation between the change in number of depressive symptoms and the change in the # of community activities was high (-0.81, $p < 0.001$). 5. Non-treatment group: Scores on the depression measure did not change significantly over time.
Judd et al. , (1989) USA Pre-Post N=14	<p>Population: Mean age=31.6 yr; Gender: males=9, females=5; Level of injury: paraplegia=7; tetraplegia=7; Depression status=clinically depressed evaluated using Diagnostic and Statistical Manual of Mental Disorders-III.</p> <p>Intervention: Individuals received supportive psychotherapy and were prescribed tetracyclic and tricyclic antidepressants during rehabilitation period.</p> <p>Outcome Measures: Beck Depression Inventory (BDI)</p>	<ol style="list-style-type: none"> 1. 13 of the 14 individuals had improvement in BDI score at discharge (average BDI at discharge=8).
Judd et al. , (1986) USA	<p>Population: Mean age=45.6 yr; Gender: males=8, females=1; Level of injury:</p>	<ol style="list-style-type: none"> 1. All individuals showed improvement in depressive and anxiety symptoms.

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Pre-Post N=9	tetraplegia=5; paraplegia=4. Depression status=clinically depressed evaluated using Diagnostic and Statistical Manual of Mental Disorders -III. Intervention: Individuals were assessed within 2 wk of admission and prescribed either mianserin or nomifensine along with supportive psychotherapy. Outcome Measures: Hamilton Depression Rating Scale (HDRS)	