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Resources

www.ClinicalTrials.gov

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<http://www.mirecc.va.gov/visn19>

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**Creatine Augmentation
in Veterans with
SSRI-Resistant
Major Depression**

University of Utah IRB # 41936



**CURRENT RESEARCH:
Depression and Creatine**

Veterans Integrated Service
Network (VISN) 19 Mental Illness
Research, Education, and Clinical
Center (MIRECC)

Website: <http://www.mirecc.va.gov/visn19>

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Study Description and Background

Major depressive disorder (MDD) remains a leading cause of disability in the United States, and among the Veteran population. The selective serotonin reuptake inhibitors (SSRIs) **fluoxetine**, **sertraline**, **paroxetine**, **citalopram**, and **escitalopram** are commonly prescribed to treat MDD. However, a significant proportion of individuals with MDD do not respond, or experience only a partial response, when treated with SSRIs. Therefore, there is a need for novel approaches to SSRI-resistant MDD that are effective and well-tolerated.

Based on the results of prior clinical trials, the research team is conducting a study to learn if the nutritional supplement CREATINE is an effective adjunctive (i.e. add-on) treatment for SSRI-resistant Major Depression.

Veterans with significant depression symptoms despite an adequate trial of an SSRI are invited to participate in this research study. The study lasts a total of 10 weeks, during which the participants will take 5 grams of creatine daily for 8 weeks. Participants will undergo brain scans and have their blood drawn at the beginning & end of the study.

Hypotheses, Study Aims, and Short-term Goals

The **primary hypothesis** of the study is that oral creatine supplementation will be effective as adjunctive therapy in Veterans with MDD who are non-responders to an adequate trial of an SSRI antidepressant treatment.

Our **secondary hypothesis** is that MDD participants will demonstrate differences from Healthy Volunteers in levels of energy-related chemicals the brain, as measured with Magnetic Resonance Spectroscopy neuroimaging, a non-invasive technique that uses no ionizing radiation.



Progress Report

We are currently recruiting and enrolling participants into this research study.

Long-term Goals: Putting Research Into Practice

We hope that the study findings will show that the nutritional supplement creatine is a beneficial augmentation (i.e., add-on) strategy for Veterans with SSRI-resistant MDD. Findings from the study could facilitate future research into the causes of MDD, and impact the care of Veterans with MDD in the following manner:

1. Treatment of MDD with a nutritional supplement (creatine), which has a good safety profile and few reported side effects.
2. A better understanding of the alterations in brain chemistry associated with treatment-resistant MDD.
3. A reduction in the burden of illness and disability associated with treatment-resistant MDD in America's Veterans.

