

## Canmat and ISBD 2018 Guidelines

### Hierarchical rankings of first and second-line treatments recommended for management of acute bipolar I depression

	Level of evidence by phase of treatment					Considerations for treatment selection				
	Maintenance				Acute mania	Acute		Maintenance		Risk of manic/ hypomanic switch
	Acute depression	Prevention of any mood episode	Prevention of depression	Prevention of mania		Safety concerns	Tolerability concerns	Safety concerns	Tolerability concerns	
First-line treatments										
Quetiapine	●	●	●	●	●	+	++	++	++	–
Lurasidone + Li/DVP	●	● <sup>a</sup>	● <sup>a</sup>	● <sup>a</sup>	n.d.	+	++	++ <sup>d</sup>	++/●	–
Lithium	●	●	●	●	●	+	+	++	++	–
Lamotrigine	●	●	●	●	■	++	–	–	–	–
Lurasidone	●	●	●	●	n.d.	–	+	–	+	–
Lamotrigine (adj)	●	●	●	●	■	++	+	++	++	–
Second-line treatments										
Divalproex	●	●	●	●	●	–	+	++ <sup>d</sup>	+	–
SSRIs/bupropion (adj)	●	n.d.	●	n.d.	n.d.	–	+	–	+	+
ECT	●	●	●	●	●	+	++	+	++	–
Cariprazine	●	n.d.	n.d.	n.d.	●	–	+	–	–	–
Olanzapine-fluoxetine	●	n.d.	n.d.	n.d.	n.d.	+	++	+++	+	+

adj, adjunctive; DVP, divalproex; ECT, electroconvulsive therapy; Li, lithium; SSRIs, selective serotonin reuptake inhibitors.

●, level 1 evidence; ●, level 2 evidence; ●, level 3 evidence; ●, level 4 evidence; ■, level 1 negative evidence; ■, level 2 negative evidence; ■, level 3 negative evidence; ■, level 4 negative evidence; n.d., no data; –, limited impact on treatment selection; +, minor impact on treatment selection; ++, moderate impact on treatment selection; +++, significant impact on treatment selection.

<sup>a</sup>Trend for superiority on the primary efficacy measure, hence the lower rating.

<sup>b</sup>Effective in those with an index episode of depression.

<sup>c</sup>Negative data from the trial are probably due to methodological issues; rating based on expert opinion.

<sup>d</sup>Divalproex and carbamazepine should be used with caution in women of child bearing age.