

CANMAT and ISBD 2018 Guidelines

Strength of evidence and treatment recommendations for acute management of bipolar II depression

Recommendation	Agent	Level of evidence
First-line	Quetiapine	Level 1
	Lithium	Level 2
	Lamotrigine	Level 2
Second-line	Bupropion (adj)	Level 2
	ECT	(Level 3)
	Sertraline ^a	Level 2
	Venlafaxine ^a	Level 2
	Agomelatine (adj)	Level 4
	Bupropion (adj)	Level 4
	Divalproex	Level 4
	EPA (adj)	Level 4
	Fluoxetine ^a	Level 3
	Ketamine (IV or sublingual) (adj) ^c	Level 3
Third-line	N-acetylcysteine (adj)	Level 4
	Pramipexole (adj)	Level 3
	T3/T4 thyroid hormones (adj)	Level 4
	Tranlycypromine	Level 3
	Ziprasidone ^b	Level 3
Not recommended	Paroxetine	2 negative

adj, adjunctive; ECT, electroconvulsive therapy; EPA, eicosapentaenoic acid.

^aFor patients with pure depression (non-mixed).

^bFor patients with depression and mixed hypomania.