

# Utilization and Unintended Effects of Antidepressants in an Ageing Population

1. Antidepressants are used for a wide range of indications, some of which are not always justified. (this thesis)
2. Use of selective serotonin reuptake inhibitors can improve sleep quality in daily practice. (this thesis)
3. The persistence of maintenance antidepressant treatment depends on the presence and severity of a psychiatric indication. (this thesis)
4. Use of selective serotonin reuptake inhibitors is not associated with a decline in bone mineral density and does not explain the previously raised concerns on the association between use of selective serotonin reuptake inhibitors and bone fractures. (this thesis)
5. The association between use of selective serotonin reuptake inhibitors and hyponatremia is transient over time. (this thesis)
6. Because of confounding by indication, most studies of drug effectiveness should be randomized controlled trials. (Strom B.L., Kimmel S.E., Textbook of Pharmacoepidemiology 2006)
7. The new classification of depression in the DSM-5 contributes to medicalizing of unhappiness. (based on Dowrick et al., BMJ 2013)
8. Subsequent versions of evidence-based decision making have emphasized that research evidence alone is not an adequate guide to action (Haynes et al., Evid Based Med 2002).
9. Mindfulness-based cognitive therapy with support to taper or discontinue antidepressant medication might confer ongoing protection for patients who would like an alternative to maintenance antidepressant medication. (Kuyken et al., Lancet 2015)
10. 'Every man desires to live long; but no man would be old.' (Jonathan Swift)
11. 'Not everything that can be counted counts, and not everything that counts can be counted.' (William Bruce Cameron)