© NICE 2021. All rights reserved. Subject to Notice of rights. Antidepressants (fluoxetine) versus graded exercise

Figure 37: Fatigue: 14-item Chalder fatigue scale at 26 weeks

_	Antidepressants			Exercise				Mean Difference	Me			
Study or Subgroup	Mean SD Tota		Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV	Fixed, 95% CI		
Wearden 1998	-3	8.15	35	-5.7	10.9	34	100.0%	2.70 [-1.85, 7.25]				
Total (95% CI)			35			34	100.0%	2.70 [-1.85, 7.25]				
Heterogeneity: Not applicable Test for overall effect: Z = 1.16 (P = 0.24)									-20 -10	0 ants Favours e	10 exercise	20

	pressa	เกเร	Exercise				Mean Difference		iviean	Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 95% CI		
Wearden 1998	-1.7	4.01	35	-1.2	3.49	34	100.0%	-0.50 [-2.27, 1.27]		-	-		
Total (95% CI)			35			34	100.0%	-0.50 [-2.27, 1.27]		•	•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.55 (P = 0.58)									-20 Favo	-10 ours antidepressants	0 Favours	10 exercise	20

Figure 39: Exercise performance measure: VO2 max (mL O2/kg/min) at 26 weeks

_	Antide	pressa	Exercise			Mean Difference			Mean Difference				
Study or Subgroup	tudy or Subgroup Mean SD Total Mean SD Total We					Weight IV, Fixed, 95% CI			IV, Fixed, 95% CI				
Wearden 1998	1	5.82	35	2.8	5.73	34	100.0%	-1.80 [-4.53, 0.93]		_			
Total (95% CI)			35			34	100.0%	-1.80 [-4.53, 0.93]					
Heterogeneity: Not ap Test for overall effect:						-20	-10	0 cise Favou	10	20			