

## CADET Trial

# New treatment trial for major depressive disorder



Do you have major depressive disorder?  
Are you interested in a new potential treatment?

### The Aim

There is preclinical and clinical evidence that candesartan may have anti-depressant properties. The Deakin University led trial aims to assess if the commonly prescribed blood pressure medication, candesartan, may help to reduce symptoms of depression in major depressive disorder, in addition to usual treatment.

The trial aims to test if candesartan 16mg a day may help to reduce some symptoms of major depression and improve general quality of life.

### The Reason

Major depressive disorder may, in part, be caused by inflammation and oxidative stress in the brain. Candesartan, a commonly used blood pressure medication, may help to reduce the inflammation and oxidative stress and restore some neuronal function. Candesartan may be beneficial in reducing symptoms of major depression.

### Key Points of Participation

- There will be no costs involved to be on the trial
- Participants can continue on their usual treatments, as long as there are no known interactions with candesartan
- The trial will last for 16 weeks
- Study visits at a research site will be required every 2 to 4 weeks throughout the trial
- Participants will be randomly allocated to receive either the active medication – candesartan or placebo (an inactive substance that does not contain any candesartan)
- Safety will be monitored throughout the study by blood tests and blood pressure monitoring
- Once enrolled in the trial, you will receive re-imbusement of travel expenses up to \$20 at each visit completed.

If you would like to receive more information about the study or enquire about participating, please contact us on:

**Geelong**  
0402 196 595

**Melbourne**  
03 9279 3569

**Brisbane**  
0481 189 040

**Melbourne (Richmond)**  
0456 969 411

**Sydney**  
03 5227 3808

**Melbourne (Eastern Health)**  
0481 911 601

**Email**  
cadet-trial@deakin.edu.au

**Website**  
Visit: <http://deakinresearch.ch/cadet-trial>

or scan code here:

