21 October 2026

Genetics-Based Antidepressant Prescribing Does Not Improve Outcomes



Genetic testing that helps doctors select suitable antidepressants for patients did not lead to better improvements in depressive symptoms than standard prescriptions based on clinical guidelines, according to a clinical trial conducted in Australia by an international team of researchers.

The NTU-led study contrasts with previous findings that using a patient's genetic information to personalise antidepressant treatment leads to better outcomes.

The researchers say their observations suggest that a greater understanding of which patients are most likely to benefit from pharmacogenomic-informed prescribing is required before recommending it for routine use.

https://www.miragenews.com/genetics-based-antidepressant-prescribing-does-1764183/