

Use PHQ-9 for baseline score

STEP 1: First 2 weeks Duloxetine/
placebo 1dd30 mg

STEP 2: 2 weeks after STEP 1
Duloxetine/placebo 1dd60 mg

YES

Has the PHQ-9 score
decreased with 5 points OR is
the total score 5 or lower?

NO

STEP 3: Duloxetine/placebo 1dd90
mg

YES

Has the PHQ-9 score
decreased with 5 points OR is the total score
5 or lower?

NO

Dose stays 1dd90mg!

STEP 4: 12 weeks after session 1:
Has the score of de PHQ
decreased with 50% in
comparison with session 1?

YES

Did the patient receive
duloxetine or placebo?

Duloxetine

Placebo

Continue current dose
for 6 months, then the
phase out period can
start

Placebo can be
stopped.

NO

Did the patient receive
duloxetine or placebo?

Duloxetine

Placebo

Phase out duloxetine and
cross with Amitriptyline
according to STEP 5

Begin at STEP 1 of
this algorithm, but now
with duloxetine

STEP 5: Amitriptyline retard
1dd50 mg, titrate through
1dd100 mg to 1dd150 mg.