

**PE1651/LLLLLL**

Irving Kirsch submission of 11 February 2018

I fully support this petition. I have received numerous messages from depressed individuals seeking help in getting off of antidepressant medication. These people may not experience drug tolerance (indeed, the fixed-dose research shows that there is no dose-response relationship for these drugs), but they do experience withdrawal symptoms – symptoms that are severe enough to make it difficult to discontinue taking the medication. There is a pressing need for means of helping these suffering people. Further, antidepressants are only slightly more effective than placebos in clinical trials, and their benefits have been shown to be duplicated by safer, drug-free treatments (e.g., psychotherapy and physical exercise). These should be prescribed before antidepressant drugs.

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