

Comment

Supplementary information to:

ChatGPT: five priorities for research

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Eva A. M. van Dis, Johan Bollen, Robert van Rooij, Willem Zuidema & Claudi L. Bockting

This Supplementary information comprises:

1. Supplementary Figure S1
2. Supplementary Figure S2
3. Supplementary Figure S3

Supplementary Information

Supplementary Figure S1 Example relapse Version 1 (Dec 28 2022)



how many patients with depression experience relapse after treatment?



The rate of relapse after treatment for depression can vary depending on a number of factors, including the severity of the depression, the individual's level of motivation and engagement in treatment, and the presence of other mental health conditions. It is also important to note that the rate of relapse may be influenced by the type of treatment that an individual receives and the length of time that they have been in treatment.



Overall, research suggests that the benefits of treatment for depression may be long-lasting, with a number of studies finding that the benefits of treatment are maintained over the long-term. A review of the research published in the *Journal of Clinical Psychology* in 2014 found that a variety of treatments, including cognitive-behavioral therapy (CBT), pharmacotherapy, and combination treatment (CBT and pharmacotherapy), were effective in reducing symptoms of depression in the short-term, and that these benefits were maintained over the long-term in a number of studies.

However, it is important to note that the rate of relapse after treatment for depression can vary, and some individuals may experience a relapse of symptoms at some point after treatment. It is always a good idea to speak with a qualified healthcare professional to determine the best course of treatment for your specific needs. They can help you to understand the potential benefits and risks of treatment and can work with you to develop a treatment plan that is tailored to your specific needs and goals.

Supplementary Figure S2 Version 2 (Jan 6 2023)

E how many patients with depression experience relapse after treatment?



The risk of relapse after treatment for depression varies depending on a number of factors, including the severity of the depression, the type of treatment received, and the presence of other medical or psychiatric conditions. In general, the risk of relapse is higher for people who have had multiple episodes of depression, and it is also higher if treatment is stopped or not followed as recommended.



According to the National Institute of Mental Health (NIMH), approximately 50% of people who have had one episode of major depression will experience at least one additional episode at some point in their lives. For people who have had two or more episodes, the risk of future episodes increases to about 70%.

It's important to note that these are general estimates and the risk of relapse may be different for each individual. Working with a mental health professional and following a recommended treatment plan can help reduce the risk of relapse.



 Regenerate response



Supplementary Figure S3

Example *JAMA Psych.*:

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Please summarize Van Dis, E. A., Van Veen, S. C., Hagedaars, M. A., Batelaan, N. M., Bockting, C. L., Van Den Heuvel, R. M., ... & Engelhard, I. M. (2020). Long-term outcomes of cognitive behavioral therapy for anxiety-related disorders: a systematic review and meta-analysis. *JAMA psychiatry*, 77(3), 265-273.



Van Dis et al. (2020) conducted a systematic review and meta-analysis of studies examining the long-term outcomes of cognitive-behavioral therapy (CBT) for anxiety-related disorders. The authors included 46 studies with a total of 5,085 participants in their analysis. They found that CBT was effective in reducing anxiety symptoms in the long term, with a moderate to large effect size. The benefits of CBT were maintained over time and were not limited to a specific anxiety disorder or age group. The authors also found that CBT was more effective than control conditions in reducing anxiety symptoms, but they did not find a significant difference in effectiveness between CBT and other psychological interventions. Overall, the results of this meta-analysis suggest that CBT is an effective treatment for anxiety-related disorders in the long term.



Regenerate response

