

WT3 Mini-Test: Write a News Piece for HCPs

Medical Journalism

Clinical Updates: News Piece

You are writing a news piece based on a [recent publication](#) in *European Neuropsychopharmacology*. This news piece will be posted on a website aimed at MDs. The news piece should adhere to the structure described below. For the mini-test I have created a more detailed outline from my example to cut down on the time needed to complete the assignment.

You may use the following articles as examples:

[Esketamine May Reduce Depressive Symptoms, But Not Suicide Severity](#)

[Long-Acting Injectable Antipsychotics May Delay Time to First Hospitalization in Early-Phase Schizophrenia](#)

Lede:

- Esketamine NS showed better functional outcomes than quetiapine XR in TRD
- Esketamine NS had a more favorable safety/tolerability profile

Background:

- TRD: poor response to multiple antidepressants, major functional impairment
- Functional remission (daily activities/work) is key beyond symptom relief
- Esketamine NS: novel rapid-acting option; quetiapine XR: established adjunct

Study Design:

- Phase IIIb, rater-blinded, 676 TRD patients continuing antidepressants
- Randomized to esketamine NS or quetiapine XR for 32 weeks
- Outcome: % weeks in functional remission (SDS ≤ 12)

Key Findings:

- Esketamine NS: 43.2% weeks remission vs. 30.2% quetiapine (P=.0023), ~2 weeks more
- 14.2% fewer weeks with reduced work productivity (P=.0045)

- Higher TEAEs with esketamine (91.9% vs. 78.0%; $P<.001$), mostly mild/moderate, 92% resolved same day vs. 12.1%
- Fewer discontinuations due to AEs with esketamine (4.2% vs. 11.0%; $P<.001$)
- Median TEAE days lower with esketamine (11.9% vs. 21.3%; $P<.001$)
- No unexpected safety concerns

Clinical Relevance:

- Esketamine NS: effective, well-tolerated, positive benefit-risk for TRD
- Meaningful improvements in function and work productivity

Limitations:

- Open-label and different administration routes may affect adherence/perception
- Visit frequency and dosing schedule variations
- Large, multinational sample boosts generalizability

Future Directions:

- Need research on long-term benefits and broader TRD use

Reference:

McIntyre RS, Bitter I, Buyze J, et al. Safety and tolerability of esketamine nasal spray versus quetiapine extended release in patients with treatment resistant depression. *Eur Neuropsychopharmacol.* 2024;85:58-65. doi:10.1016/j.euroneuro.2024.05.009