Human Growth Hormone for Depression, Post-Traumatic Stress Disorder, or Fibromyalgia: Clinical Effectiveness and Guidelines
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Research Questions

1. What is the clinical effectiveness of human growth hormone for patients with depression?
2. What is the clinical effectiveness of human growth hormone for patients with post-traumatic stress disorder?
3. What is the clinical effectiveness of human growth hormone for patients with fibromyalgia?
4. What are the evidence-based guidelines for the use of human growth hormone for patients with depression, post-traumatic stress disorder, or fibromyalgia?

Key Findings

Two randomized controlled trials were identified regarding the clinical effectiveness of human growth hormone for patients with fibromyalgia. One non-randomized study was identified regarding the clinical effectiveness of human growth hormone for patients with depression.

Methods

A limited literature search was conducted on key resources including PubMed, PsycINFO, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2007 and February 2, 2017. Internet links were provided, where available.

Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Table 1: Selection Criteria

<table>
<thead>
<tr>
<th>Population</th>
<th>Adults (18 to 55) with depression, PTSD or fibromyalgia</th>
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<tbody>
<tr>
<td>Intervention</td>
<td>Human growth hormone</td>
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<tr>
<td>Comparators</td>
<td>Placebo; No treatment; Other active treatments</td>
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<tr>
<td>Outcomes</td>
<td>Q1-3: Clinical effectiveness (symptom reduction), safety and harms</td>
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<tr>
<td>Study Designs</td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, evidence-based guidelines</td>
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</table>
Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

Two randomized controlled trials were identified regarding the clinical effectiveness of human growth hormone for patients with fibromyalgia. One non-randomized study was identified regarding the clinical effectiveness of human growth hormone for patients with depression. No relevant health technology assessments, systematic reviews, meta-analyses, or evidence-based guidelines were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses
No literature identified.

Randomized Controlled Trials


Non-Randomized Studies

Guidelines and Recommendations
No literature identified.
Appendix — Further Information

Review Articles

Additional References