

Supplementary Table 1. Doses of antidepressants and benzodiazepine and number of zolpidem uses at each visit

Dose of medication	Escitalopram (N=43)	Desvenlafaxine (N=38)	Vortioxetine (N=40)
Dose of antidepressants, mg/day			
Weeks 0-2	6.0±1.9	65.2±21.2	6.0±2.0
Weeks 2-4	11.2±3.3	98.3±35.1	12.2±3.7
Weeks 4-6	14.3±4.3	125.5±50.7	15.7±5.3
Week 6 (final visit point)	15.3±5.3	135.2±60.0	16.5±5.7
Dose of benzodiazepine, mg/day (lorazepam equivalent)			
Weeks 0-2	0.8±0.4	0.7±0.4	0.8±0.5
Weeks 2-4	0.7±0.3	0.6±0.3	0.7±0.4
Weeks 4-6	0.6±0.3	0.7±0.4	0.6±0.3
Number of zolpidem uses			
Weeks 0-2	3 (7.0)	2 (5.3)	2 (5.0)
Weeks 2-4	2 (4.7)	2 (5.3)	2 (5.0)
Weeks 4-6	1 (2.3)	1 (2.6)	2 (5.0)

Values are presented as number (%) or mean±standard deviation. The dose of lorazepam (mg) equivalent: clonazepam, 0.5; diazepam, 10; alprazolam, 0.25