

**Table 1:** Demographics of the 60 patients diagnosed with depression, with mild or moderate depressive symptoms that were included in the study and their assesment on the screening visit (t0) and after three months (t90).

	Study group	Control group		<b>p</b>
<b>Gender</b>				
Male	11 (36.7)	15 (50)	0.217 <sup>1</sup>	
Female	19 (63.3)	15 (50)		
<b>Age</b>	49.63 ± 15.57	51.1 ± 14.0	0.703 <sup>2</sup>	
<b>HAMD0</b>	20.17 ± 3.89	19.4 ± 3.6	0.226 <sup>2</sup>	<b>0.000<sup>3</sup></b>
<b>HAMD90</b>	10.73 ± 3.4	21.2 ± 3.93	<b>0.000<sup>2</sup></b>	
<b>CGI-S0</b>	4.1 ± 0.71	3.87 ± 0.51	0.086 <sup>2</sup>	<b>0.000<sup>3</sup></b>
<b>CGI-S90</b>	2.67 ± 0.76	4.17 ± 0.59	<b>0.000<sup>2</sup></b>	
<b>CGI-I90</b>	2.5 ± 0.68	4.3 ± 0.47	<b>0.000<sup>2</sup></b>	

Value are presented as numbers and percentages in brackets or as means ± standard deviations. HAMD0: Hamilton Depression rating scale scores on the screening visit, HAMD90: Hamilton Depression rating scale scores after three months, CGI-S0: Clinical Global Impression-Severity scale scores on the screening visit, CGI-S90: Clinical Global Impression-Severity scale scores after three months, CGI-I90: Clinical Global Impression-Improvement scale scores after three months. <sup>1</sup>: Pearson's  $\chi^2$  test, <sup>2</sup>: Mann-Whitney test, <sup>3</sup>: RM ANCOVA.