

Appendix 1. Search strategy Pubmed.

Search (((("Anxiety Disorders"[Mesh] OR anxiety disorder* [tiab] OR generalized anxiety disorder* [tiab] OR generalised anxiety disorder* [tiab] OR agoraphobi* [tiab] OR panic* [tiab] OR phobi* [tiab] OR obsessive-compulsive [tiab] OR post-traumatic* [tiab] OR posttraumatic* [tiab] OR traumatic* [tiab] OR anxiety disorder* [OT] OR generalized anxiety disorder* [OT] OR generalised anxiety disorder* [OT] OR agoraphobi* [OT] OR phobi* [OT] OR obsessive-compulsive [OT] OR post-traumatic* [OT] OR posttraumatic* [OT] OR traumatic* [OT])) AND ("Antidepressive Agents" [Pharmacological Action] OR "Antidepressive Agents"[Mesh] OR "Serotonin Uptake Inhibitors"[Mesh] OR antidepressiv* [tiab] OR antidepressant* [tiab] OR SSRI* [tiab] OR SNRI* [tiab] OR TCA* [tiab] OR serotonin reuptake inhibitor* [tiab] OR antidepressiv* [OT] OR antidepressant* [OT] OR serotonin reuptake inhibitor* [OT] OR SSRI* [OT] OR SNRI* [OT] OR TCA* [OT])) AND ("Secondary Prevention"[Mesh] OR "Recurrence"[Mesh] OR continuation* [tiab] OR continuing [tiab] OR discontinuation* [tiab] OR discontinuing [tiab] OR relaps* [tiab] OR remission [tiab] OR recurren* [tiab] OR maintenance [tiab] OR withdrawal [tiab] OR continuation* [OT] OR continuing [OT] OR relaps* [OT] OR remission [OT] OR recurren* [OT] OR maintenance [OT] OR withdrawal [OT])) AND (randomized controlled trial[pt] OR controlled clinical trial[pt] OR randomized[tiab] OR placebo* [tiab] OR randomly[tiab] OR RCT[tiab] OR controlled trial* [tiab] OR clinical trial* [tiab] OR randomized[OT] OR placebo* [OT] OR randomly[OT] OR RCT [OT] OR controlled trial* [OT] OR clinical trial* [OT])

This search strategy has been translated for additional searches in both Embase and Cochrane.

Appendix 2: Quality assessment per study according to Cochrane Tool for assessing risk of bias.³²

Reference	Selection bias		Performance bias		Detection bias	Attrition bias	Reporting bias	# scoring high
	Random sequence generation	Allocation concealment	Blinding of patients	Blinding of providers	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	
55	Low	Low	Low	Low	Low	High	Low	1
56	Low	Low	High	Low	Low	High	Low	2
68	Unclear	Unclear	High	Low	Low	Low	Low	1
41	Low	Unclear	Low	Low	Low	Low	Unclear	0
48	Low	Low	Low	Low	Low	High	Unclear	1
65	Unclear	Unclear	Low	Low	Low	High	Unclear	1
58	Low	Low	Low	Low	Low	Low	High	1
59	Unclear	Unclear	High	Low	Low	High	Low	2
50	Unclear	Unclear	High	Low	Low	High	High	3
51	Unclear	Unclear	High	Low	Low	High	High	3
52	Unclear	Unclear	Low	Low	Low	High	High	2
53	Unclear	Unclear	Low	Low	Low	High	High	2
60	Low	Low	High	Low	Low	High	Unclear	2
67	Unclear	Unclear	High	Low	Low	Low	Unclear	1
61	Unclear	Low	Low	Low	Low	High	Low	1
62	Unclear	Low	Low	Low	Low	High	High	2
69	Unclear	Unclear	Low	Low	Low	Low	High	1
64	Low	Low	Low	Low	Low	High	Low	1
42	Unclear	Unclear	Low	Low	Low	High	High	2
70	Low	Low	High	Low	Low	Low	Low	1
66	Unclear	Unclear	High	Low	Low	High	Low	2
24	Unclear	Unclear	Low	Low	Low	High	High	2
63	Unclear	Unclear	Low	Low	Low	High	Low	1

71	Unclear	Low	Low	Low	Low	High	High	2
72	Low	Low	Low	Low	Low	High	Low	1
57	Low	Low	Low	Low	Low	Unclear	Low	0
54	Low	Unclear	Low	Low	Low	Low	High	1
73	Unclear	Unclear	High	Low	Low	Low	Low	1

Appendix 3: Characteristics of included studies.

Reference	Anxiety Disorder	Age ^a		Antidepressant	Dose (mg/day)	Discontinuation ^b	Duration treatment before randomisation (in weeks)	Duration follow-up (in weeks)	N treatment	N follow-up		N relapse during follow-up		Concurrent psychotherapy allowed	Comorbidity mostly excluded	Role pharmaceutical companies
		Antidepressant	Placebo							Antidepressant	Placebo	Antidepressant	Placebo			
55	GAD	41 (18-65)*	42 (18-64)*	Escitalopram	20	Taper	12	24 ^c	491	187	188	34	98	Yes	Yes	Yes, funded/support ed/sponsored by
56	GAD	43.3 (13.3)		Vortioxetine	5-10	Abrupt	20	24 ^d	687	224	227	26	66	No	Yes	Yes, author(s) salary paid by
68	PTSD	44.9 (9.8)	42.0 (10.8)	Sertraline	50-200	Abrupt	24	28	380	38	46	6	21	No	No	Yes, funded/support ed/sponsored by
41	PTSD	44.0 (12.0)	44.1 (11.7)	Fluoxetine	20-60	Taper	24	26	123	30	32	6	15	Yes	No	Yes, medication provided by
48	GAD	45.0 (13.2)	45.7 (14.1)	Duloxetine	60-120	Taper	26	26	887	216	213	28	84	Yes	Yes	Yes, funded/support ed/sponsored by
65	PD	37.3 (10.9)	39.5 (10.7)	Venlafaxine	75-225	Taper	12	26	313	89	80	20	40	No	Yes	Yes, funded/support ed/sponsored by
58	OCD	35.4 (12.4)	35.8 (11.1)	Escitalopram	10 or 20	Taper	16	24	468	163	157	38	81	No	Yes	Yes, author(s) salary paid by
59	OCD	11.8 (2.56)	11.6 (2.88)	Paroxetine	10-60	Abrupt	16	16	335	95	98	33	43	No	No	Yes, funded/support ed/sponsored by
50	OCD	40.7 (10.5)	41.1 (12.5)	Paroxetine	20-60	Abrupt	26	26	154	20	24	8	14	No	Yes	Yes, funded/support ed/sponsored by
51	PD	Par10: 37.8 (12.9); Par20: 34.4 (11.0); Par40: 35.3 (10.5)	39.2 (10.1)	Paroxetine	10; 20; or 40	Abrupt	22	12	278	43	43	2	11	Yes	Yes	Yes, funded/support ed/sponsored by
52	SP	37.2 (11.9)	32.5 (10.5)	Paroxetine	20-50	Taper	24	16	98	27	28	8	5	Yes	Yes	Yes, funded/support

53	PTSD	42.7 (13.9)	42.8 (12.0)	Paroxetine	20-50	Taper	12	16	265	87	86	17	19	No	Yes	ed/sponsored by Yes, funded/support ed/sponsored by
60	OCD	45.1 (11.7)	40.1 (13.0)	Paroxetine	20-60	Abrupt	26	26	263	53	51	20	30	No	No	funded/support ed/sponsored by Yes, funded/support ed/sponsored by
67	PD	35.3 (8.1)	36.1 (9.5)	Sertraline	25-100	Abrupt	8	8	394	119	121	12	16	Yes	Yes	funded/support ed/sponsored by Yes, funded/support ed/sponsored by
61	OCD	39.2 (11.5)	39.5 (10.8)	Sertraline	50-200	Taper	52	28	649	109	114	10	27	No	Yes	funded/support ed/sponsored by Yes, funded/support ed/sponsored by
62	OCD	34.5 (10.24)		Mirtazapine	30-60	Taper	12	8	30	7	8	2	5	No	Yes	funded/support ed/sponsored by Yes, funded/support ed/sponsored by
69	PTSD	37.1 (9.4)	39.4 (9.4)	Fluoxetine	20-80	Taper	12	24	226	69	62	4	10	No	Yes	funded/support ed/sponsored by
64	PD	34.28 (8.23)	37.89 (9.92)	Imipramine	10-75	Taper	24	52	110	29	27	1	10	Yes	No	No
42	PD	38.7 (9.5)	36.4 (11.1)	Fluoxetine	10 or 20	Taper	10	24	165	38	50	1	4	Yes	No	Yes, funded/support ed/sponsored by
70	SP	36 (18-78)*	38 (19-68)*	Escitalopram	10 or 20	Abrupt	12	24	517	190	181	42	91	No	Yes	funded/support ed/sponsored by Yes, funded/support ed/sponsored by
66	PD	41.0 (10.8)	40.3 (11.4)	Sertraline	50-200	Abrupt	52	28	398	92	89	11	21	Yes	No	funded/support ed/sponsored by Yes, medication provided by
24	GAD	49.8 (15.8)		Venlafaxine	75-225	Taper	26	26	268	82	54	8	29	Yes	Yes	Yes, medication provided by
63	OCD	39.5 (11.3)	42.2 (14.7)	Fluoxetine	20-60	Taper	20	52	130	36	34	7	11	No	No	funded/support ed/sponsored by
71	SP	Not reported		Paroxetine	20-50	Taper	11	12	36	8	8	1	5	Yes	No	No

72	SP	38.1 (11.7)	38.2 (11.2)	Paroxetine	20-50	Taper	12	24	437	162	161	22	61	Yes	Yes	Yes, funded/supported/sponsored by
57	GAD	45.9 (14.0)	47.0 (15.1)	Agomelatine	25-50	Abrupt	16	26	477	113	114	22	35	No	Yes	Yes, funded/supported/sponsored by
54	GAD	43.0 (12.7)	43.7 (13.1)	Paroxetine	20-50	Taper	8	24	652	274	287	30	115	Yes	Yes	Yes, funded/supported/sponsored by
73	SP	37.24 (24-57)*	35.06 (21-46)*	Sertraline	50-200	Abrupt	20	24	Unclear	25	25	1	9	No	No	Yes, funded/supported/sponsored by

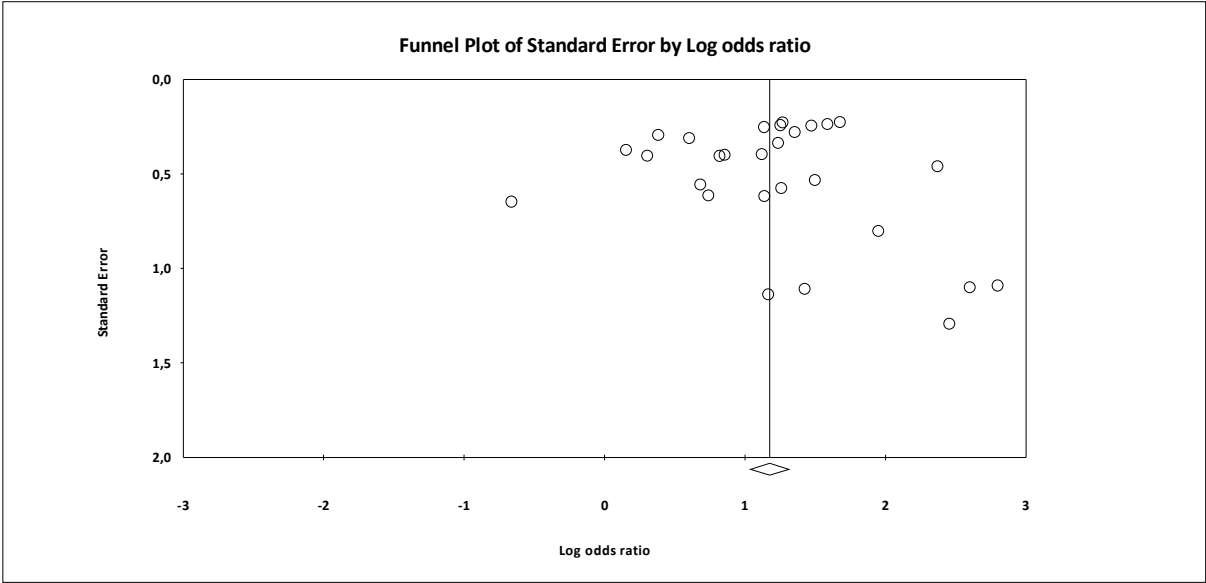
^a Studies with an "*" report mean age and age range, all other studies report mean age and standard deviation.

^b Fluoxetine was discontinued abruptly in all studies, however given the relatively long half-life time of fluoxetine, this medication is considered to taper itself.

^c ⁵⁵ had a minimum follow-up duration of 24 weeks, and depending on when a participant was included, a maximum follow-up of 76 weeks.

^d ⁵⁶ had a minimum follow-up duration of 24 weeks, and depending on when a participant was included, a maximum follow-up of 56 weeks.

Appendix 4. Funnel plot proportion of relapse



Appendix 5. Funnel plot time to relapse

