**BBC Radio Asia**

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* [BBC Radio Asia](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

the bmj the the journal of for the bmj this says that term anti depressants been prescribed more and more to be used more and more very much so and soaring really a 3rd seed given to treat pain insomnia migraine the what the doctor the same in the bmj they're increasingly concerned about a lack of evidence supporting their used around 4million more anti depressants when dispensed in england between 2014 and 15 and near a 7 % rise in more than any other class of of description and drugs and that in fact often used by people trying to combat other conditions on the drugs for designed for what's called off label descriptions but only one in 6 of those was supported by strong scientific evidence the bmj researchers found quite huge study the they look to rule more than a 100000 antidepressant prescriptions written by a 100 and 70 adoptive promised 21000 adults in canada nearly one in 3 of those were for off label reason and just over a quarter of them were cryptic for antidepressant which used to treat insomnia but the presumably it will be news to a lot of people that you know very very little scientific evidence that these anti depressant work for those conditions so we're quite an eye opener given how widely they have been used in england as well as in canada with study took place here