WHAT IS CLAIMED IS:

1. A method for decreasing the symptoms of depression, the method comprising systemically administering to an individual in need thereof a therapeutically effective amount of telenzepine and an antidepressant selected from the group consisting of a selective serotonin reuptake inhibitor (SSRI) and a selective serotonin-norepinephrine reuptake inhibitor (SNRI) in a therapeutically effective amount to effectuate a decrease in the symptoms of depression.

2. The method of claim 1, wherein the telenzepine is administered systemically.

3. The method of claim 1, wherein the antidepressant is a SSRI.

4. The method of claim 3, wherein the SSRI is selected from the group consisting of citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine and sertraline.

5. The method of claim 4, wherein the SSRI is fluoxetine.

6. The method of claim 4, wherein the SSRI is sertraline.

7. The method of claim 1, wherein the antidepressant is a SNRI.

8. The method of claim 7, wherein the SNRI is selected from the group consisting of milnacipran, mirtazapine, venlafaxine, duloxetine, desvenlafaxine and sibutramine.

9. The method of claim 8, wherein the SNRI is venlafaxine.

10. A method for treating one or more psychological conditions, the method comprising systemically administering to an individual in need thereof a therapeutically effective amount of one or more selective muscarinic M_1 receptor (M_1R-selective) antagonists, whereby the one or more psychological conditions are treated.

11. The method of claim 10, wherein the one or more psychological conditions is an affective disorder.

12. The method of claim 11, wherein the affective disorder is depression.

13. The method of claim 10, wherein the one or more M_1R-selective antagonists is selected from the group consisting of pirenzepine, telenzepine, and combinations thereof.

14. The method of claim 10, further comprising administration of one or more antidepressants other than a M_1R-selective antagonist.

15. A method for treating one or more psychological conditions, the method comprising administering to an individual in need thereof a therapeutically effective amount of a combination of one or more M_1R-selective antagonists and one or more antidepressants other than a M_1R-selective antagonist, whereby the one or more psychological conditions are treated.

16. The method of claim 15, wherein the one or more psychological conditions is an affective disorder.

17. The method of claim 16, wherein the affective disorder is depression.

18. The method of claim 15, wherein the one or more M_1R-selective antagonists is selected from the group consisting of pirenzepine, telenzepine, and combinations thereof.

19. The method of claim 15, wherein the one or more antidepressants other than a M_1R-selective antagonist is selected from the group consisting of tricyclic antidepressants and analogs thereof, serotonin reuptake inhibitors, serotonin-norepinephrine reuptake inhibitors, norepinephrine reuptake inhibitors, dopamine reuptake inhibitors, norepinephrine-dopamine reuptake inhibitors, serotonin-norepinephrine-dopamine reuptake inhibitors, serotonin reuptake accelerators, serotonin agonists and prodrugs thereof, monoamine oxidase inhibitors and mixtures thereof.

20. A pharmaceutical composition comprising a mixture of therapeutically effective amounts of one or more M_1R-selective antagonists and one or more antidepressants other than a M_1R-selective antagonist.

21. The pharmaceutical composition of claim 20, wherein the one or more M_1R-selective antagonists is telenzepine and the one or more antidepressants other than a M_1R-selective antagonist is fluoxetine.

22. The pharmaceutical composition of claim 20, wherein the one or more M_1R-selective antagonists is telenzepine and the one or more antidepressants other than a M_1R-selective antagonist is sertraline.

23. The pharmaceutical composition of claim 20, wherein the one or more M_1R-selective antagonists is telenzepine and the one or more antidepressants other than a M_1R-selective antagonist is venlafaxine.

24. A kit comprising a combination of therapeutically effective amounts of one or more M_1R-selective antagonists and one or more antidepressants other than a M_1R-selective antagonist.

WHAT IS CLAIMED IS:

1. Use of telenzepine and one or more antidepressants selected from the group consisting of citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, milnacipran, mirtazapine, venlafaxine, duloxetine, desvenlafaxine, and sibutramine, in the manufacture of a pharmaceutical composition for the treatment of one or more psychological conditions.

2. The use according to claim 11, wherein the one or more antidepressants is fluoxetine.

3. The use according to claim 11, wherein the one or more antidepressants is sertraline.

4. The use according to claim 11, wherein the one or more antidepressants is venlafaxine.

5. The use according to claim 11, wherein the one or more antidepressants is citalopram or escitalopram.

6. The use according to any one of claims 11 to 15, wherein the delivery of the telenzepine and the one or more antidepressants is by sustained release.

7. The use according to anyone of claims 11 to 15, wherein each of the telenzepine and the one or more antidepressants is present in a subactive dose.

8. A kit comprising a combination of therapeutically effective amounts of telenzepine and one or more antidepressants selected from the group consisting of fluoxetine, sertraline, venlafaxine, citalopram, and escitalopram, when used for the treatment of one or ore psychological conditions.

9. The kit according to claim 18, wherein the telenzepine and the one or more antidepressants are in separate formulations.

10. The kit according to claim 18, wherein the telenzepine and the one or more antidepressants are in the same formulation.