

MEDICATIONS FOR DEPRESSION, ANXIETY, AND OBSESSIVE-COMPULSIVE DISORDER

Group Main Use	Medication Brand/ Generic	Form	Dose Schedule	Dose Range	Most Common Side Effects for Group	Pros for Group	Cautions for Group
SSRI Selective Serotonin Reuptake Inhibitors (depression, anxiety, OCD, panic)	Prozac (fluoxetine)	capsule 10 mg 20 mg 40 mg 90 mg/weekly tablet, scored 10, 20 mg liquid 20 mg/5cc	usually a.m., 10% of people have sedation so take at bedtime	Child: 5-20 mg Adoles: 10-40 mg Adults: 20-80 mg	Increased energy which may be pleasant or feel like anxiety, agitation or irritability. Zoloft and Paxil may sedate (rarely Prozac), Luvox most likely to sedate. Celexa and Lexapro are the most neutral, regarding energy.	Once a day. Very good safety profile. No labs, no EKG typically needed. No, or few, heart side-effects.	Any SSRI, especially Prozac, may agitate or disinhibit if excess energy occurs. Takes 1-3 weeks to begin to help and 6 weeks for maximum effect. Avoid combination or overlap with MAOI as with all antidepressants. Discontinuation syndrome (nausea,
	Zoloft (sertraline)	tablet, scored 25 mg 50 mg 100 mg liquid 20mg/cc (100mg=5cc)	usually a.m.; evening if sedation	Child: 25-50 mg Adoles: 50-200 mg Adult: 50-200 mg			
	Paxil (paroxetine)	tablet, scored 10 mg 20 mg	usually a.m., evening if sedation	Child: 5-30 mg Adoles: 10-40 mg		Excellent for mild, moderate and severe depressions and anxiety disorders including panic, mixed, obsessive compulsive, post traumatic stress and atypical types. May help temper and impulsivity. Occasionally	

	Paxil CR	30 mg 40 mg liquid 10mg/5cc 12.5, 25, 37.5 mg		Adult: 10-60 mg	Decreased appetite, sometimes with nausea. Less if taken with food. With time, weight may increase. 25-40% experience decreased sex drive or response.	helpful for Anxiety and OCD in Autism. Very low risk in overdose. Reportedly, low risk in pregnancy and breast feeding.	dizziness, "flush," "out of sorts") may occur if stopped suddenly without taper or skip one or several days. Not dangerous, but unpleasant. In past had FDA Caution: advise monitor for rare increased suicidal thoughts or behavior especially in kids when first starting medicine (age 24 and under). Recently found to be very rare.
	Luvox (fluvoxamine)	tablet, scored 25, 50, 100 mg	often twice a day evening if sedation	Child: 25-200 mg Adoles: 50-300 mg Adult: 100-300 mg			
	Celexa (citalopram)	tablet, scored 10, 20, 40mg liquid 10mg/5cc	usually evening if sedation	Child: 5-20mg Adoles: 10-40mg Adult: 10-40mg	Less common for group: increased urinary frequency, dry mouth or sweating, vivid dreams.	All SSRI's are available as generic and are very inexpensive. Prozac available in once a week form. All SSRI help PMS and perimenopausal symptoms.	
	Lexapro (escitalopram)	tablet, scored 5, 10, 20 mg liquid 5mg/5ml	morning or evening	Child: 5-10mg Adoles: 10-20mg Adult: 10-30mg		Lexapro is a refined isomer version of Celexa.	Celexa max dose now 40 mg to avoid possible heart rhythm effect.

							Will need to take lower doses if Prozac or Paxil is used with Strattera
SNRI Selective Norepinephrine Reuptake Inhibitors (depression, anxiety, panic, OCD, pain)	Effexor (venlafaxine)	Tablet, scored 25, 37.5, 75, 100 mg	2 or 3 times a day	Child: 25-200 mg Adoles: 75-300 mg Adult: 150-450 mg	Same as other SSRI plus sometimes increased sweat or constipation	Effexor increases both serotonin and norepinephrine thus affecting two important neurotransmitter systems, unlike SSRI's and can have broader spectrum effect.	Slight risk increased blood pressure at doses over 200 mg total a day. (less than 5% chance.)
	Effexor XR (venlafaxine)	XR (extended release)	XR once a day	50 - ≤ 400 mg			
	Pristig XR (desvenlafaxine)	37.5, 75, 150 mg					
	Cymbalta (duloxetine)	20, 30 60 mg	1 to 2 times a day	30-120 mg per day	Similar to SSRI and Effexor	Cymbalta has shown improvement and FDA approved for depression with co-occurring pain..	Discontinuation symptoms (see above) if stopped without taper or if multiple doses missed. Especially Effexor. Cymbalta has had rare liver damage with people with alcohol abuse.
Remeron (depression, sleep and appetite increase)	Remeron mirtazapine	Tablet 15, 30, 45 mg Solutab	Once a day, evening	Child:7.5-30 mg Adoles:7.5-45 mg	Sedation, often increases appetite. May be less	Less GI or sexual side effects than SSRI group. Helps sleep, agitation and	As with all antidepressants, avoid combinations or

		15, 30, 45mg		Adult 15-45 mg	sedation at higher doses.	anxiety. Few interactions. No routine labs or EKG. May help GI. Generic	overlap with MAOI.
Wellbutrin Wellbutrin SR Wellbutrin XL Wellbutrin XL (depression, ADHD)	Wellbutrin bupropion HCl	Tablet 75, 100mg	Given 2-3 times a day. Start in the a.m. SR 1-2 times a day. XL once a day Aplenzin once a day	Child:37.5-150mg Adoles:75-300mg Adult 150-450mg	Increased energy. Decreased appetite.	No significant sexual side effects. No labs or EKG needed. Very few interactions. May treat ADHD Good for boosting other meds. Approved to help stop smoking. Generic	Avoid if personal seizure history. Caution if family seizure history. Avoid if bulimia. Probably less effective than SSRI for severe anxiety. Full effect within 6 weeks.
	Aplenzin bupropion HBr	174, 348, 522mg					
	Zyban	SR 100, 150, 200, 300 mg XL 150mg, 300mg					
Tetracyclic antidepressant (depression, sleep)	Desyrel trazodone	Tablets 50, 100, 150, 300mg	Usually bedtime only	Child: 25-200mg Adoles: 25-300mg Adult: 50-600mg	Sedation, dry mouth and increased dreaming or nightmares.	Excellent sleep aid. Often used to help sleep along with SSRI or Wellbutrin. Not habit forming. Inexpensive generic.	One in 10,000 risk of priapism.

Viibryd (depression)	vilazodone	Tablets 10, 20, 40mg	Usually evenings or AM with food	Adoles: 10- 20 mg Adult: 10- 40 mg	Diarrhea, nausea, sedation. No or few sexual side effects.	Has novel SSRI and 5HT-1A actions thus may have slightly broader effect. Brand only	Similar to SSRI and has more GI side effects. Newer and thus less experience.
Brintellix (depression)	Brintellix vortioxetine	Tablets 5, 10, 15, 20mg	Usually once a day Start 5 to 10 mg	Adult: 10- 20mg	Nausea, diarrhea	Also SSRI and 5HT-1A actions. Thus broader effects. Brand only	Similar to SSRI. Newer and thus less experience.
Tricyclic Antidepressant (OCD)	Anafranil Clomipramine	Capsule 25,50, 75mg	Evening	25-300 mg	Dry mouth, constipation, dizziness on standing	The most effective medication for obsessive- compulsive disorder. Children often tolerate better than adults.	Side effects, especially for adults.