

MEDICATIONS FOR DEPRESSION AND ANXIETY

Group Main Use	Medication Brand/Generic	Form	Dose Schedule	Dose Range	Most Common Side Effects for Group	Pros for Group	Cautions for Group
SRI Serotonin Reuptake Inhibitors (depression, anxiety, OCD, panic)	Prozac (Fluoxetine)	capsule 10 mg 20 mg 40 mg tablet, scored 10 mg liquid 20 mg/5cc	Usually a.m.	Child: 5-20 mg Adoles: 10-40 mg Adults: 20-80 mg	Increased energy which may be pleasanst or feel like anxiety, agitation or irritabliity. Zoloft and Paxil may sedate (rarely Prozac), Luvox most likely to sedate. Decreased appetite, sometimes with nausea. Less if taken with food. 25-30% experience decreased sex drive or response. Less common: increased urinary frequency, dry mouth or sweating, vivid dreams. Some migraine increase with Prozac.	Once a day for Prozac, Zoloft and Paxil. Very good safety profile. No labs, no EKG typically needed. No heart side-effects. Few significant interactions except increases Seldane, Hismanal and tricyclic antidepressant blood levels.	Any SRI, especially Prozac, may agitate if excess energy occurs. Switch to evening if sedation occurs. Takes 1-3 weeks to begin to help and 1-3 months for maximum effect. Avoid combination or overlap with MAOI.
	Zoloft (Sertraline)	tablet, scored 25 mg 50 mg 100 mg	usually a.m., evening if sedation	Child: 25-50 mg Adoles: 50-100 mg Adult: 50-200 mg		Excellent for mild, moderate and severe depressions and anxiety disorders including panic, mixed, obsessive compulsive, post traumatic stress and atypical types.	
	Paxil (Paroxetine)	tablet, scored 10 mg 20 mg 30 mg 40 mg liquid 10mg/5cc	usually a.m., evening if sedation	Child: 5-30 mg Adoles: 10-60 mg Adult: 10-80 mg		Research does not show significant increased suicide or homicide risk. Very low risk in overdose. Reportedly, low risk in pregnancy and breast feeding.	
	Luvox (Fluvoxamine)	tablet, scored 25 mg 50 mg 100 mg	often twice a day evening if sedation	Child: 25-200 mg Adoles: 50-300 mg Adult: 100-300 mg		SRI side effects (as with most meds) often lessen with time.	
	Celexa (Citalopram)	tablet, scored 20mg 40mg	usually a.m., evening if sedation	Child: 5-20mg Adoles: 10-40mg Adult: 10-80mg	similar to other SRI, but may be less frequent		Celexa became available in US Sept.98, although it has been in use in Europe substantially since about 1990.
	Effexor (Venlafaxine)	tablet, scored 25 mg 37.5 mg 75 mg 100 mg xr(extended release) 37.5 mg 75 mg 150 mg	2 or 3 times a day XR once a day	Child: 18 3/4-200 mg Adoles: 75-300 mg Adult: 150-375 mg		Same as other SRI	Slight risk increased blood pressure at doses over 200 mg total a day. (less than 5% chance.) Same as above

All these medications should be taken 7 days a week to be effective. Simultaneous use of alcohol or cigarettes and especially street drugs should be avoided. All antidepressants may increase mania risk in persons with Bipolar (manic-depressive) disorder. All medications should be avoided if possible in pregnancy. This chart is intended to be a summary guide, not a full and complete list.