

MEDICATIONS FOR DEPRESSION, ANXIETY, AND OBSESSIVE-COMPULSIVE DISORDER (Page 1)

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, 20, 40 mg 90 mg/weekly	usually a.m.	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.	Any SRI, especially Prozac, may agitate or disinhibit if excess energy occurs.				
		tablet, scored 10, 20 mg									
		liquid 20 mg/5cc									
	Zoloft (sertraline)	tablet, scored 25, 50, 100 mg	usually a.m.; evening if sedation	Child: 25-50 mg Adoles: 50-200 mg Adult: 50-200 mg				Decreased appetite, sometimes with nausea. Less if taken with food. With time, weight may increase. 25-40% experience decreased sex drive or response.	No labs, no EKG typically needed. No, or few, heart side-effects. Few significant interactions except increases tricyclic antidepressant blood levels. Zoloft and Celexa lowest interactions.	Switch to evening if sedation occurs. Takes 1-3 weeks to begin to help and 1-3 months for maximum effect.	
	Paxil (paroxetine)	tablet, scored 10 mg 20 mg 30 mg 40 mg	usually a.m.,evening if sedation	Child: 5-30 mg Adoles: 10-40 mg Adult: 10-60 mg				Less common for group: increased urinary frequency, dry mouth or sweating, vivid dreams.	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.	Very low risk in overdose. Reportedly, low risk in pregnancy and breast feeding.	Avoid combination or overlap with MAOI as with all antidepressants.
	Paxil CR	liquid 10mg/5cc									
Luvox (fluvoxamine)	tablet, scored 25, 50, 100 mg	often twice a day evening if sedation	Child: 25-200 mg Adoles: 50-200 mg Adult: 100-300 mg	SRI side effects (as with most meds) often lessen with time.	All SRI's are available as generic and are very inexpensive. Prozac available in once a week form. All SRI help PMS and perimenopausal symptoms.	Discontinuation syndrome (nausea, dizziness, "flu-ish," "out of sorts") may occur if stopped suddenly without taper or skip one or several days. Not dangerous, but unpleasant. More likely with Paxil or Effexor, not with Prozac because it lasts longest. Can occur with SRI, SNRI, or TCA.					
Luvox CR	Extended release capsules 100, 150 mg	once a day	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				FDA caution: advise monitor for rare increased suicidal thoughts or behavior especially in kids when first starting medicine (age 24 or younger).				
Lexapro (escitalopram)	tablet, scored 5, 10, 20 mg liquid 5mg/5ml	morning or evening	Child: 5-10mg Adoles: 10-20mg Adult: 10-30mg								
Lexapro (escitalopram)	tablet, scored 5, 10, 20 mg liquid 5mg/5ml	morning or evening	Child: 5-10mg Adoles: 10-20mg Adult: 10-30mg								
Viiibryd (depression)	vilazodone	Tablets 10, 20, 40mg	Usually evenings or AM with food				Adoles:10-20mg Adult: 10-40mg	diarrhea, nausea, similar to SRI, sedation.	Has SRI and 5HT-1A actions. Thus may have slightly broader action. Brand only	Unclear, if any better than other SRI options. Newer and thus shorter track record.	
Trintellix (depression)	Trintellix vortioxetine	Tablets 5, 10, 15, 20mg	Usually once a day start 5 to 10 mg	Adult: 10-20mg	Nausea, GI, similar to SRI	Has SRI, 5HT-1A and additional serotonin actions. Thus slightly broader actions. Brand only. Was known as Brintellix.	Unclear, if any better than other SRI options. Newest and thus less experience.				

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.