

**MEDICATIONS FOR DEPRESSION, ANXIETY, AND OBSESSIVE-COMPULSIVE DISORDER (Part I)** Updated 08/08

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  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 pleasant or feel like anxiety, agitation or irritability. Zoloft and Paxil may sedate (rarely Prozac), Luvox most likely to sedate. Celexa is most neutral, regarding energy.	Once a day for Prozac, Zoloft, Celexa, and Paxil. Very good safety profile.  No labs, no EKG typically needed. No heart side-effects. Few significant interactions except increases tricyclic antidepressant blood levels. Zoloft and Celexa lowest interactions.	Any SRI, especially Prozac, may agitate or disinhibit 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.
	Zoloft (Sertraline)	tablet, scored 25, 50, 100 mg  liquid 20mg/cc (100mg=5cc)	usually a.m.; evening if sedation	Child: 25-50 mg Adoles: 50-100 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.	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.	Avoid combination or overlap with MAOI.
	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	Less common: increased urinary frequency, dry mouth or sweating, vivid dreams.	Very low risk in overdose. Reportedly, low risk in pregnancy and breast feeding.	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.
	Paxil CR	12.5, 25, 37.5 mg				SRI side effects (as with most meds) often lessen with time.	FDA caution: advise monitor for rare increased suicidal thoughts or behavior especially in kids when first starting medicine.
	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			
	Luvox CR	Extended release capsules 100, 150 mg	once a day	100-300 mg		Paxil CR is a new Controlled Release, longer lasting, smoother version of Paxil.	
	Celexa (Citalopram)	tablet, scored 10, 20, 40mg liquid 10mg/5cc			Child: 5-20mg Adoles: 10-40mg Adult: 10-80mg	Celexa is similar to other SRI, but may be less frequent side effects and least interactions.	Luvox, Paxil, Celexa, and Prozac available as generic. Prozac available in once a week form. All SRI help PMS.
Lexapro (Escitalopram)	tablet, scored 5, 10, 20 mg  liquid 5mg/5ml	usually evening if sedation				Lexapro is a refined isomer version of Celexa.	
SNRI Serotonin and Norepinephrine Inhibitors  (depression, anxiety, panic, OCD, pain)	Effexor (Venlafaxine)	tablet, scored 25, 37.5, 75, 100 mg	2 or 3 times a day	Child: 18 3/4-200 mg Adoles: 75-300 mg Adult: 150-375 mg		Effexor increases both serotonin and norepinephrine thus affecting two important neurotransmitter systems, unlike other SRI's. May help attention. May be broader spectrum effect because of two transmitters increased.	Slight risk increased blood pressure at doses over 200 mg total a day. (less than 5% chance.)
	Effexor XR (Venlafaxine)	XR(extended release) 37.5, 75, 150 mg	XR once a day		Same as other SRI plus sometimes increased sweat or constipation		Discontinuation symptoms (see above) if stopped without taper or if multiple doses missed.
	Pristig XR (Desvenlafaxine)	XR tablets 50, 100 mg		50 - ≤ 400 mg			
	Cymbalta (Duloxetine)	capsule 20 mg 30 mg 60 mg	once or twice a day	30-120 mg usually 60 mg for adults	Similar to SRI and Effexor above	Same as Effexor. Research shows some benefit against pain.	Cymbalta became available 9/04. Rare liver injury especially if alcohol abuse.

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.