

## ANTIDEPRESSANT STUDY GUIDE

### ATYPICAL ANTIDEPRESSANTS

- **SSRIs** - Selective serotonin reuptake inhibitors
  - **Drugs:** Prozac, Celexa, Paxil, Zoloft, Luvox, Lexapro.
  - **Memory aid:** Professors Can Produce Zillions of Little Lessons
- **S(N/D)RIs:** -Serotonin-norepinephrine-dopamine reuptake inhibitors
  - **Drugs:** Duloxetine, Remeron, Effexor, Wellbutrin
  - **Memory aid:** DREW
- **Side effects for atypical antidepressants**
  - Potential for change in libido, appetite and weight (up or down), sleep patterns, heart rhythms.
  - Potential for diarrhea, N/V, anxiety, dry mouth, confusion, headache (especially during dose changes for about 3 weeks)
- **Goofy side effects story for atypical antidepressants (SSRIs, SNRIs, SDRIs)**
  - The atypical girl was **heartbroken** and depressed after her boyfriend left her. She **couldn't eat**, she **couldn't sleep**. She was so upset that she felt **sick to her stomach** all the time, causing horrible **diarrhea**. She was very **confused** about why her boyfriend would leave her, but the truth was, her boyfriend left because of her **low libido**...it seems she always "**had a headache**." She wanted to call her boyfriend, but every time she thought about him, she got **nervous**, felt **dizzy** and broke out into a **sweat**. Her hands would **shake** so bad that she couldn't even hold a glass of water and take a drink, so she always had a **dry mouth**.

### TRADITIONAL ANTIDEPRESSANTS

- **TCAs/QCAs** - tricyclic and tetracyclic antidepressants
- **These end in -tyline or -amine** except Amoxapine, Doxepine and Maprotiline. Aside from diphenhydramine, there are no other drugs in other groups that end with 'tyline' or 'amine'.
- These drugs have a narrow therapeutic window and an overdose can be lethal
- MD will only prescribe a few days or a weeks worth of these at a time to prevent an overdose (especially if at risk for suicidal ideation).
- **Side effects for traditional antidepressants**
  - Grand mal seizure and hyperthermia (cooks the brain).
  - Potential for: decrease in libido, decrease in all blood cell production, changes in HR and rhythm, constipation, difficulty urinating, orthostatic dizziness, weight gain, muscle twitches
- **Goofy side effects story for traditional antidepressants**
  - A very **traditional** man became depressed when his dog **B.C.** ran away ("BC" is short for "blood-cell"). The man ran through the neighborhood, and worked up quite a **sweat**. His **heart raced**, and as he searched for his dog, he realized that for the first time in years he **wasn't thinking about sex**. This realization stopped him dead in his tracks, and his **heart slowed**. As he stood there, **mouth dry** and **muscles twitching** from the exertion, he saw B.C.

**trying to urinate** on a **fat** lady's lawn. He ran to his dog and scooped him up, **dizzy** with happiness. He danced around the yard with graceful **rhythm**, until he stepped in a pile of dog poo. "BC", he exclaimed. "I thought you were **constipated!**" He flailed around the yard, trying to get the poo off his shoe as the fat lady watched from her window. She was convinced the traditional man who was flailing about on the lawn was having a **seizure** or a **stroke**.

### MAOIs (monoamine oxidase inhibitors)

- **Drugs:** Marplan, Nardil, Parnate.
- **Memory aid:** They sound like alien names, they're alphabetical, or the phrase "My plan is to not die at the party" (see food interactions memory aid below)
- **Food interactions and MAOIs**
  - Lots of drug and food interactions!!!
  - Avoid food and drugs containing tryptophan or tyramine. These substances can lead to **malignant hypertension**.
  - A great way to remember this is not to eat or drink anything that you'd have on a fancy vacation! Wine, beer, aged cheese, chicken liver, chocolate, bananas, soy sauce, meat tenderizers, salami, bologna, pickled fish or caffeine. Fancy!
  - **Memory aid:** My plan is to not die at the party where they serve fancy food.
    - my plan = Marplan
    - not die = Nardil
    - party = Parnate
- **Side effects for monoamine oxidase inhibitors**
  - Seizures, dizziness, fatigue, headache, tremor, insomnia, hyperreflexia
  - Hypertensive crisis, orthostatic hypotension
  - Constipation, dry mouth
- **Goofy side effects story for MAOIs**

After recovering from **mono**, a woman attended a party where the host served fancy food. She **stayed up all night** until she was very **drowsy** and **fatigued**. The next day, she woke with a **headache** and **dry mouth**. When she stood up to get some water, she got **dizzy** and had to **sit back down**. All the **aged cheese** she had eaten caused **constipation**, so she drank some **coffee** but the only thing that happened was her **blood pressure shot up**. When she tried to go back to bed, an earthquake **tremor** kept her **awake** and she **seized** the opportunity to test her **reflexes**.