



CORE SYMPTOMS OF DEPRESSION

Depressed mood
Decreased interest in usual activities
Appetite/Weight change
Sleep change
Motor activity change
Fatigue

Worthlessness/guilt
Trouble Concentrating
Suicidal Thoughts

TYPES OF DEPRESSION

Major Depressive Disorder
Dysthymic Disorder
Bipolar I Disorder
Bipolar II Disorder
Cyclothymic Disorder
Adjustment Disorder with depressed mood
(Normal Bereavement)
Mood Disorder (due to general medical condition)
Substance Induced Mood Disorder
Schizoaffective Disorder
Depressive Disorder NOS

MEDICAL TREATMENTS FOR DEPRESSION

MONOAMINE OXIDASE INHIBITORS (Nardil, Parnate, Marplan)

TRICYCLIC ANTIDEPRESSANTS

Imipramine-Tofranil, Amitriptyline-Elavil, Sinequan-Doxepin, Nortriptyline-Pamelor, Desipramine-Norpramin (Clomipramine-Anafranil)

HETEROCYCLIC ANTIDEPRESSANTS

Trazodone-Desyrel, Bupropion-Wellbutrin, Maprotiline-Ludomil, Amoxapine-Asendin

SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIs)

Fluoxetine-Prozac, Sertraline-Zoloft, Paroxetine-Paxil, Citalopram-Celexa, Escitalopram-Lexapro (Fluvoxamine-Luvox)

NEWER AGENTS

Venlafaxine-Effexor, Nefazodone-Serzone, Mirtazapine-Remeron, Duloxetine-Cymbalta, *selegiline TDS, the venlafaxine (Pristiq)*

ELECTROCONVULSIVE TREATMENT

REPETITIVE TRANS-CRANIAL MAGNETIC STIMULATION (RTMS)

VAGUS NERVE STIMULATION (VNS)

PSYCHOTHERAPIES FOR DEPRESSION

Interpersonal Psychotherapy, Cognitive Therapy, Cognitive Behavioral Analysis System of Psychotherapy, Behavioral Activation

GUIDELINES FOR THE TREATMENT OF DEPRESSION

Treat until better

Continue treatment for four to six months

Maintenance treatment for recurrent depression: five years plus

Maintenance treatment for chronic depression; two to five years (?)

Maintenance treatment for dysthymic disorder: one to five years (?)

ANTIDEPRESSANTS: CURRENT CONTROVERSIES

	P450	Dose Titration	Single Dose	Sexual Dys	Broad Efficacy	Disc SE
Fluoxetine	2C,2D6	+	+	+	+++	+?
Sertraline	2C, 2D6	+++	+	+	+++	++
Paroxetine	2D6	++	+	+	+++	++++
Fluvoxamine	1A2, 2C9, 3A4	+++	+	+	+++	++
Citalopram	1A2, 2C19, 2D6	+++	+	+	+++?	++
Escitalopram	2D6?	+	+	+	+++?	+?
Bupropion	2D6	++++			++	
Venlafaxine	(2D6)	+++++		+	++	++++
Nefazodone	3A4	++++			+	
Mirtazapine	-	+++	+			-?
Duloxetine	2D6	+	+	+	+	++

selective TDS

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