

# QUICK REFERENCE TO PSYCHIATRIC MEDICATIONS®

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To the best of our knowledge recommended doses and side effects listed below are accurate. However, this is meant as a general reference only, and should not serve as a guideline for prescribing of medications. Please check the manufacturer's product information sheet or the P.D.R. for any changes in dosage schedule or contraindications. (Brand names are registered trademarks.)

## ANTIDEPRESSANTS

Generic	NAMES	Brand	Usual Daily Dosage Range	Sedation	ACH <sup>1</sup>	Selective Action On Neurotransmitters <sup>2</sup>		
						NE	5-HT	DA
desipramine		Norpramin	150-300 mg	low	low	+++++	0	0
amitriptyline		Elavil	150-300 mg	high	high	++	++++	0
nortriptyline		Aventyl, Pamelor	75-125 mg	mid	mid	+++	++	0
trazodone		Oleptro	150-400 mg	mid	none	0	++++	0
nefazodone		Generic Only	100-300 mg	mid	none	0	+++	0
fluoxetine		Prozac <sup>3</sup> , Sarafem	20-80 mg	low	none	0	+++++	0
bupropion		Wellbutrin <sup>3</sup>	150-400 mg	low	none	++	0	++
sertraline		Zoloft	50-200 mg	low	none	0	+++++	+
paroxetine		Paxil	20-50 mg	low	low	+	+++++	0
venlafaxine		Effexor <sup>3</sup>	75-350 mg	low	none	+++	+++	+
desvenlafaxine		Pristiq	50-400 mg	low	none	+++	+++	+
fluvoxamine		Luvox	50-300 mg	low	low	0	+++++	0
mirtazapine		Remeron	15-45 mg	mid	mid	+++	+++	0
citalopram		Celexa	10-40 mg	low	none	0	+++++	0
escitalopram		Lexapro	5-20 mg	low	none	0	+++++	0
duloxetine		Cymbalta	20-80 mg	low	none	+++	+++	0
vilazodone		Viibryd	10-40 mg	low	low	0	+++++	0
atomoxetine		Strattera	60-120 mg	low	low	+++++	0	0
vortioxetine		Trintellix	10-20 mg	mid	none	0	+++++	+
levomilnacipran		Fetzima	40-120 mg	low	none	+++	++	0
MAO INHIBITORS								
phenelzine		Nardil	30-90 mg	low	none	+++	+++	+++
tranylcypromine		Parnate	20-60 mg	low	none	+++	+++	+++
selegiline		Emsam (patch)	6-12 mg	low	none	+++	+++	+++
ATYPICAL ANTIDEPRESSANTS								
brexanolone		Zulresso	see footnote 4	...	...	see footnote 4	...	...
esketamine		Spravato	see footnote 5	...	...	see footnote 5	...	...

<sup>1</sup>ACH: Anticholinergic Side Effects

<sup>2</sup>NE: Norepinephrine, 5-HT: Serotonin, DA: Dopamine (0 = no effect, + = minimal effect, +++ = moderate effect, ++++ = high effect)

<sup>3</sup>Available in standard formulation and time release (XR, XL or CR). Prozac available in 90mg time released/weekly formulation

<sup>4</sup>This medication is used to treat postpartum depression. It is administered IV over a period of 60 hours.

<sup>5</sup>This medication is used to treat severe, acute suicidal impulses and treatment resistant depression. It is administered via nasal spray and doses vary considerably.

## BIPOLAR DISORDER MEDICATIONS

Generic	NAMES	Brand	Daily Dosage Range	Serum <sup>1</sup> Level	Generic	NAMES	Brand	Daily Dosage Range	Serum <sup>1</sup> Level
olanzapine/					lamotrigine		Lamictal	50-500	(2)
fluoxetine		Symbyax	6/25-12/50mg <sup>3</sup>	(2)	oxcarbazepine		Trileptal	1200-2400	(2)
carbamazepine		Tegretol, Equetro	600-1600	4-10+	Note: Many antipsychotic medications are used to treat various aspects of bipolar disorder (see page two for a list)				

<sup>1</sup>Lithium levels are expressed in mEq/l, carbamazepine and valproic acid levels express in mcg/ml.

<sup>2</sup>Serum monitoring may not be necessary <sup>3</sup>Available in: 6/25, 6/50, 12/25, and 12/50mg formulations

## PSYCHO-STIMULANTS

Generic	NAMES	Brand	Daily Dosage <sup>1</sup>
methylphenidate <sup>3</sup>		Ritalin	5-50 mg
methylphenidate <sup>3</sup>		Concerta <sup>2</sup>	18-54 mg
methylphenidate <sup>3</sup>		Metadate	5-40 mg
methylphenidate <sup>3</sup>		Methylin	10-60 mg
methylphenidate <sup>3</sup>		Daytrana (patch)	15-30 mg
methylphenidate <sup>3</sup>		Quillivant XR (liquid) <sup>2</sup>	10-60 mg
dexamethylphenidate		Focalin	5-40 mg
dextroamphetamine		Dexedrine	5-40 mg

## PSYCHO-STIMULANTS

Generic	NAMES	Brand	Daily Dosage <sup>1</sup>
lisdexamphetamine		Vyvanse	30-70 mg
d- and l-amphetamine		Adderall	5-40 mg
modafinil		Provigil, Sparlon	100-400 mg
armodafanil		Nuvigil	150-250 mg
amphetamine salts		Mydayis	12.5-50 mg
amphetamine sulfate		Adzenys	3.1-18.8 mg
amphetamine salts		Evekeo	5-40 mg

<sup>1</sup>Note: Adult Doses. <sup>2</sup>Sustained release <sup>3</sup>Note: Many generic brands have emerged recently. Included here are the most common.

## ANTI-PSYCHOTICS

### NAMES

Generic	Brand	Dosage Range <sup>1</sup>	Sedation	Ortho <sup>2</sup>	EPS <sup>3</sup>	Weight <sup>4</sup> Gain	Metabolic Side Effects <sup>5</sup>	Equivalence <sup>6</sup>
<b>LOW POTENCY</b>								
chlorpromazine	Thorazine	50-800 mg	high	high	++	+++++	+++++	100 mg
clozapine	Clozaril	300-900 mg	high	high	0	+++++	+++++	50 mg
quetiapine	Seroquel	150-600 mg	mid	mid	+/0	+++	++++	50 mg
<b>HIGH POTENCY</b>								
perphenazine	Trilafon	8-60 mg	mid	mid	+++++	0/+	0/+	10 mg
haloperidol	Haldol	2-40 mg	low	low	+++++	0/+	++	2 mg
pimozide	Orap	1-10 mg	low	low	+++++	+/0	++	1-2 mg
risperidone	Risperdal	4-6 mg	low	mid	+	++	0/+	1-2 mg
paliperidone	Invega	3-12 mg	low	mid	+	++	0/+	1-2 mg
olanzapine	Zyprexa	5-20 mg	mid	low	+/0	+++++	+++++	1-2 mg
ziprasidone	Geodon	60-160 mg	low	mid	+/0	0/+	0/+	10 mg
iloperidone	Fanapt	12-24 mg	mid	mid	+	++	0/+	1-2 mg
asenapine	Saphris	10-20 mg	low	low	+	++	0/+	1-2 mg
lurasidone	Latuda	40-80 mg	mid	mid	+	0/+	0/+	10 mg
aripiprazole	Abilify	15-30 mg	low	low	++	0/+	0/+	2 mg
brexipiprazole	Rexulti	1-4 mg	low	low	+	0/+	0/+	1 mg
cariprazine	Vraylar	1.5-6 mg	low	low	+/0	+/0	0/+	1 mg

<sup>1</sup>Usual daily oral dosage.

<sup>2</sup>Orthostatic Hypotension. Dizziness and falls.

<sup>3</sup>Acute: Parkinson's, dystonias, akathisia. Does not reflect risk for tardive dyskinesia. All neuroleptics may cause tardive dyskinesia, except clozapine.

<sup>4</sup>Monitor BMI.

<sup>5</sup>Must monitor for blood lipids, fasting glucose, baseline at 12 weeks, and then atleast annually.

<sup>6</sup>Dose required to achieve efficacy of 100 mg chlorpromazine.

Note: In recent times a number of second generation antipsychotics have been developed in injectable form for acute treatment and longer term prophylaxis. These are not mentioned in this quick reference. Many antipsychotic medications are approved for the treatment of various phases of bipolar disorder.

## ANTI-ANXIETY

### NAMES

Generic	Brand	Single Dose Dosage Range	Equivalence <sup>1</sup>
<b>BENZODIAZEPINES</b>			
diazepam	Valium	2-10 mg	5 mg
chlordiazepoxide	Librium	10-50 mg	25 mg
clonazepam	Klonopin	0.5-2.0 mg	0.25 mg
lorazepam	Ativan	0.5-2.0 mg	1 mg
alprazolam	Xanax	0.25-2.0 mg	0.5 mg
<b>OTHER ANTIANXIETY AGENTS</b>			
buspirone	BuSpar	5-30 mg	
gabapentin	Neurontin	200-600 mg	
hydroxyzine	Atarax, Vistaril	10-50 mg	
propranolol	Inderal	10-80 mg	
atenolol	Tenormin	25-100 mg	
guanfacine	Tenex, Intuniv	0.5-3 mg	
clonidine	Catapres, Kapvay	0.1-0.3 mg	
pregabalin	Lyrica	25-450 mg	
prazosin <sup>2</sup>	Minipress	5-20 mg	
<b>ANTI OBSESSIONALS</b>			
Clomipramine	Anafranil	150-300 mg	
<b>All SSRIs</b>			

<sup>1</sup>Doses required to achieve efficacy of 5 mg of diazepam

<sup>2</sup>For treatment of nightmares and day time anxiety

## HYPNOTICS

### NAMES

Generic	Brand	Single Dose Dosage Range
temazepam	Restoril	15-30 mg
zolpidem	Ambien	5-10 mg
zolpidem	Ambien CR	6.25-12.5 mg
zolpidem	Intermezzo	1.75 mg
zaleplon	Sonata	5-10 mg
eszopiclone	Lunesta	1-3 mg
ramelteon	Rozerem	4-16 mg
diphenhydramine	Benadryl	25-100 mg
doxepin	Silenor	3-6 mg
suvorexant	Belsomra	15-40 mg

## OVER THE COUNTER

Name	Daily Dose
St. John's Wort <sup>1, 2</sup>	600-1800 mg
SAM-e <sup>3</sup>	400-1600 mg
Omega-3 <sup>4</sup> -EPA	1-2 g
Folic Acid <sup>3</sup>	400-800 mcg
L-methylfolate <sup>3, 8</sup>	7.5-15 mg
N-acetylcysteine <sup>5</sup>	1200-2400 mg
Chamomile <sup>6</sup>	200-1500 mg
5-HTP <sup>3</sup>	300-600 mg
Melatonin <sup>7</sup>	0.5-5 mg
Magnesium L-Threonate <sup>7</sup>	500-2000 mg

<sup>1</sup>Treats depression and anxiety

<sup>2</sup>May cause significant drug-drug interactions

<sup>3</sup>Treats depression

<sup>4</sup>Treats depression and bipolar disorder

<sup>5</sup>Note: also available as Deplin 1-methylfolate (prescription) 7.5-15 mg

<sup>6</sup>For trichotillomania

<sup>7</sup>Treats anxiety

<sup>8</sup>Treats sleep

## REFERENCES and RECOMMENDED BOOKS

Quick Reference & Bipolar Medications • Free Books • Free Downloads

Website: [www.PsyD-fx.com](http://www.PsyD-fx.com)

*Handbook of Clinical  
Psychopharmacology For Therapists*  
(2021) Preston, O'Neal, Talaga and Moore

*Clinical Psychopharmacology Made  
Ridiculously Simple 9th Edition*  
(2021) Preston, Moore and Johnson

*Bipolar Medications  
A Concise Guide*  
(2019) Preston: Free Download