

# QUICK REFERENCE TO PSYCHIATRIC MEDICATIONS®

DEVELOPED BY JOHN PRESTON, PSY.D., ABPP

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

| NAMES           |                               | Usual Daily Dosage | Selective Action On Neurotransmitters <sup>2</sup> |                  |       |       |     |
|-----------------|-------------------------------|--------------------|----------------------------------------------------|------------------|-------|-------|-----|
| Generic         | Brand                         | Range              | Sedation                                           | ACH <sup>1</sup> | NE    | 5-HT  | DA  |
| imipramine      | Tofranil                      | 150-300 mg         | mid                                                | mid              | ++    | +++   | 0   |
| 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   |
| clomipramine    | Anafranil                     | 150-250 mg         | high                                               | high             | 0     | +++++ | 0   |
| trazodone       | Oleptro                       | 150-400 mg         | mid                                                | none             | 0     | ++++  | 0   |
| nefazodone      | Generic Only                  | 100-300 mg         | mid                                                | none             | 0     | +++   | 0   |
| fluoxetine      | Prozac <sup>4</sup> , Sarafem | 20-80 mg           | low                                                | none             | 0     | +++++ | 0   |
| bupropion       | Wellbutrin <sup>4</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>4</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             | +++   | +++   | +++ |

<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>Uncertain, but likely effects

<sup>4</sup>Available in standard formulation and time release (XR, XL or CR). Prozac available in 90mg time released/weekly formulation

## BIPOLAR DISORDER MEDICATIONS

| NAMES             |                     | Daily Dosage Range        | Serum <sup>1</sup> Level | NAMES                                                                                                                |           | Daily Dosage Range | Serum <sup>1</sup> Level |
|-------------------|---------------------|---------------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------|-----------|--------------------|--------------------------|
| Generic           | Brand               |                           |                          | Generic                                                                                                              | Brand     |                    |                          |
| lithium carbonate | Eskalith, Lithonate | 600-2400                  | 0.6-1.5                  | divalproex                                                                                                           | Depakote  | 750-1500           | 50-100                   |
| olanzapine/       |                     |                           |                          | lamotrigine                                                                                                          | Lamictal  | 50-500             | (2)                      |
| fluoxetine        | Symbyax             | 6/25-12/50mg <sup>4</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 necessary <sup>3</sup>Not yet established <sup>4</sup>Available in: 6/25, 6/50, 12/25, and 12/50mg formulations

## ANTI-OBSESSIONAL

| NAMES        |                      | Dose Range <sup>1</sup> |
|--------------|----------------------|-------------------------|
| Generic      | Brand                |                         |
| clomipramine | Anafranil            | 150-300 mg              |
| fluoxetine   | Prozac <sup>1</sup>  | 20-80 mg                |
| sertraline   | Zoloft <sup>1</sup>  | 50-200 mg               |
| paroxetine   | Paxil <sup>1</sup>   | 20-60 mg                |
| fluvoxamine  | Luvox <sup>1</sup>   | 50-300 mg               |
| citalopram   | Celexa <sup>1</sup>  | 10-40 mg                |
| escitalopram | Lexapro <sup>1</sup> | 5-30 mg                 |
| vilazodone   | Viibryd <sup>1</sup> | 10-40 mg                |
| vortioxetine | Trintellix           | 10-20 mg                |

<sup>1</sup>often higher doses are required to control obsessive-compulsive symptoms than the doses generally used to treat depression.

## PSYCHO-STIMULANTS

| NAMES                        |                                     | Daily Dosage <sup>1</sup> |
|------------------------------|-------------------------------------|---------------------------|
| Generic                      | Brand                               |                           |
| 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                   |
| lisdexamphetamine            | Vyvanse                             | 30-70 mg                  |
| d- and l-amphetamine         | Adderall                            | 5-40 mg                   |
| modafinil                    | Provigil, Sparlon                   | 100-400 mg                |
| armodafinil                  | Nuvigil                             | 150-250 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.

## ANTIPSYCHOTICS

| NAMES          |           | Brand      | Dosage Range <sup>1</sup> | Sedation | Ortho <sup>2</sup> | EPS <sup>3</sup> | ACH Effects <sup>4</sup> | Equivalence <sup>5</sup> |
|----------------|-----------|------------|---------------------------|----------|--------------------|------------------|--------------------------|--------------------------|
| Generic        |           |            |                           |          |                    |                  |                          |                          |
| LOW POTENCY    |           |            |                           |          |                    |                  |                          |                          |
| 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                    |                          |
| HIGH POTENCY   |           |            |                           |          |                    |                  |                          |                          |
| perphenazine   | Trilafon  | 8-60 mg    | mid                       | mid      | ++++               | ++               | 10 mg                    |                          |
| loxapine       | Loxitane  | 50-250 mg  | low                       | mid      | +++                | ++               | 10 mg                    |                          |
| fluphenazine   | Prolixin  | 3-45 mg    | low                       | mid      | +++++              | ++               | 2 mg                     |                          |
| haloperidol    | Haldol    | 2-40 mg    | low                       | low      | +++++              | +                | 2 mg                     |                          |
| pimozide       | Orap      | 1-10 mg    | low                       | low      | +++++              | +                | 1-2 mg                   |                          |
| risperidone    | Risperdal | 4-16 mg    | low                       | mid      | +                  | +                | 1-2 mg                   |                          |
| paliperidone   | Invega    | 3-12 mg    | low                       | mid      | +                  | +                | 1-2 mg                   |                          |
| olanzapine     | Zyprexa   | 5-20 mg    | mid                       | low      | + / 0              | +                | 1-2 mg                   |                          |
| ziprasidone    | Geodon    | 60-160 mg  | low                       | mid      | + / 0              | ++               | 10 mg                    |                          |
| iloperidone    | Fanapt    | 12-24 mg   | mid                       | mid      | +                  | ++               | 1-2 mg                   |                          |
| asenapine      | Saphris   | 10-20 mg   | low                       | low      | +                  | +                | 1-2 mg                   |                          |
| lurasidone     | Latuda    | 40-80 mg   | mid                       | mid      | +                  | +                | 10 mg                    |                          |
| aripiprazole   | Abilify   | 15-30 mg   | low                       | low      | ++                 | +                | 2 mg                     |                          |
| brexpiprazole  | Rexulti   | 1-4 mg     | low                       | low      | +                  | +                | 1 mg                     |                          |
| cariprazine    | Vraylar   | 1.5-6 mg   | low                       | low      | +                  | +                | 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>Anticholinergic Side Effects.

<sup>5</sup>Dose required to achieve efficacy of 100 mg chlorpromazine.

<sup>6</sup>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.

<sup>7</sup>Note: Many antipsychotic medications are approved for the treatment of various phases of bipolar disorder.

## ANTI-ANXIETY

| NAMES                           |                  | Single Dose  |                          |
|---------------------------------|------------------|--------------|--------------------------|
| Generic                         | Brand            | 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           | 5-20 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      |                          |

<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           |            | Single Dose Dosage Range |
|-----------------|------------|--------------------------|
| Generic         | Brand      |                          |
| temazepam       | Restoril   | 15-30 mg                 |
| triazolam       | Halcion    | 0.25-0.5 mg              |
| zolpidem        | Ambien     | 5-10 mg                  |
| zolpidem        | Intermezzo | 1.75 mg                  |
| zaleplon        | Sonata     | 5-10 mg                  |
| eszopiclone     | Lunesta    | 1-3 mg                   |
| ramelteon       | Rozeren    | 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>7</sup>         | 400-800 mcg  |
| L-methylfolate <sup>7, 8</sup>  | 7.5-15 mg    |
| N-acetylcysteine <sup>5</sup>   | 1200-2400 mg |
| Chamomile <sup>6</sup>          | 200-1500 mg  |
| 5-HTP <sup>7</sup>              | 300-600 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>For trichotillomania

<sup>6</sup>Treats anxiety

<sup>7</sup>Treats depression

<sup>8</sup>Note: also available as Deplin 1-methylfolate (prescription) 7.5-15 mg

## 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*  
(2017) Preston, O'Neal and Talaga

*Clinical Psychopharmacology Made Ridiculously Simple 8th Edition*  
(2017) Preston and Johnson

*Bipolar Medications A Concise Guide*  
(2016) Preston: Free Download

*Child and Adolescent Psychopharmacology Made Simple*  
(2015) Preston, O'Neal, Talaga