

**Table 1. Classification, Doses, Safety, and Side Effects of Antidepressants.\***

Mechanism of Action and Functional Classification	Starting Dose	Standard Dose	Lethality in Overdose	Side Effects						
				Insomnia and Agitation	Sedation	Hypotension	Anticholinergic Effects†	Nausea or Gastrointestinal Effects	Sexual Dysfunction	Weight Gain
<i>mg/day</i>										
<b>Reuptake inhibitors</b>										
Selective serotonin-reuptake inhibitors (SSRIs)										
Fluoxetine (Prozac)	20	20–40	Low	Moderate	None or mild	None or mild	None or mild	Moderate	Moderate	Mild
Paroxetine (Paxil)	20	20–40	Low	Moderate	None or mild	None or mild	Mild	Moderate	Moderate	Mild
Sertraline (Zoloft)	50	50–150	Low	Moderate	None or mild	None or mild	None or mild	Moderate	Moderate	Mild
Fluvoxamine (Luvox)	50	100–250	Low	Moderate	Mild	None or mild	None or mild	Moderate	Moderate	Mild
Citalopram (Celexa)	20	20–40	Low	Moderate	None or mild	None or mild	None or mild	Moderate	Moderate	Mild
Escitalopram (Lexapro)	10	10–20	Low	Moderate	None or mild	None or mild	None or mild	Moderate	Moderate	Mild
Selective norepinephrine-reuptake inhibitors (NRIs)										
Reboxetine (Edronax)‡	4–8	8–12	Low	Mild	None or mild	None or mild	None or mild	Mild	Mild	None or mild
Nonselective norepinephrine-reuptake inhibitors										
Desipramine (Norpramine)	25–50	100–300	High	Mild	None or mild	Moderate	Mild	None or mild	Mild	Mild
Nortriptyline (Pamelor)	25–50	75–200	High	Mild	Mild	Mild	Mild	None or mild	Mild	Mild
Maprotiline (Ludicmil)	75	75–200	High	Mild	None or mild	Mild	Mild	None or mild	Mild	Moderate
Mixed or dual-action reuptake inhibitors										
Older agents (TCAs)										
Amitriptyline (Elavil)	25–50	100–300	High	None or mild	Moderate	Moderate	Severe	None or mild	Mild	Moderate
Dothiepin (Dothep) †	25–50	100–300	High	None or mild	Moderate	Moderate	Moderate	None or mild	Mild	Moderate
Clomipramine (Anafranil)	25–50	100–250	High	Mild	Moderate	Moderate	Moderate	Mild	Mild	Moderate
Imipramine (Tofranil)	25–50	100–300	High	Moderate	Mild	Moderate	Moderate	None or mild	Mild	Moderate
Newer agents (non-TCAs)										
Venlafaxine (Effexor) (NRI plus SRI)	37–75	75–225	Moderate	Moderate	None or mild	None or mild	None or mild	Moderate	Moderate	None or mild
Milnacipran (Ixel) (NRI plus SRI)‡	50–100	100–200	Low	Moderate	None or mild	None or mild	None or mild	Moderate	Moderate	None or mild
Bupropion (Wellbutrin) (NRI plus DRI)	150	150–300	Low	Moderate	None or mild	None or mild	Mild	Mild	None or mild	None or mild
Duloxetine (Cymbalta) (NRI plus SRI)	30	30–90	Low	None or mild	Mild	None or mild	Mild	Mild	None or mild	None or mild
<b>MAOIs</b>										
Irreversible agents										
Phenelzine (Nardil)	15	30–90	High	Moderate	Mild	Moderate	Mild	Mild	Moderate	Mild
Tranylcypromine (Pamate)	10	20–60	High	Moderate	Mild	Moderate	Mild	Mild	Moderate	Mild
Isocarboxazid (Marplan)	20	20–60	High	Moderate	None or mild	Moderate	Mild	Mild	Moderate	Moderate
Selegiline (Eldepryl)	10	20–40	Moderate	Mild	None or mild	Mild	Mild	Mild	Mild	Mild
Reversible agents										
Moclobemide (Manerix)‡	150	300–600	Low	Mild	None or mild	None or mild	Mild	Mild	None or mild	None or mild
Mixed-action newer agents										
Mirtazapine (Remeron) (5-HT <sub>2</sub> plus 5-HT <sub>3</sub> plus α <sub>2</sub> -adrenergic receptors)	30	30–60	Low	None or mild	Severe	Mild	None or mild	None or mild	None or mild	Severe
Mianserin (Bolvidon) (5-HT <sub>2</sub> plus α <sub>1</sub> and α <sub>2</sub> -adrenergic receptors)‡	30	60–120	Low	None or mild	Moderate	Mild	Mild	None or mild	None or mild	Mild
Nefazodone (Serzone) (5-HT <sub>2</sub> receptors)	100	300–600	Low	None or mild	Moderate	Mild	Mild	Mild	None or mild	Mild
Trazodone (Desyrel) (5-HT <sub>2</sub> plus α <sub>1</sub> -adrenergic receptors)	50–100	200–600	Low	None or mild	Severe	Mild	None or mild	Mild	Moderate	Mild

These doses are standard in psychiatric practice but may not always conform to doses recommended in the *Physician's Desk Reference* or drug package insert. More detailed reviews of side effects for all classes of antidepressants may be found in the Guidelines of the American Psychiatric Association 2000 and the Agency for Health Care Policy and Research 1999. NRI denotes norepinephrine-reuptake inhibitor; TCA tricyclic antidepressant; SRI serotonin-reuptake inhibitor; MAOI monoamine oxidase inhibitor; and DRI dopamine-reuptake inhibitor. Symptoms include dry mouth, constipation, sweating, blurred vision, and urinary retention. This drug is not available in the United States.