

Prescribing Tips: In general, serotonin reuptake inhibitors (SSRIs) are effective for both depression and anxiety and are typically first-line treatment. However, other classes of antidepressant medications can provide specific additional benefits. The following table gives a list of commonly-used SSRIs and non-SSRI antidepressants and specific benefits or precautions that may influence initial medication selection. For additional details including more comprehensive side effects, see UpToDate article, "Unipolar major depression in adults: Choosing initial treatment"

Initial Medication Selection Considerations

Medication and typical starting dose*	Medication class	Additional conditions for which medication may be helpful	Precautions specific to this medication
Sertraline 25 mg	Serotonin reuptake inhibitor (SSRI)		Most likely to cause GI side effects
Escitalopram oxalate 10 mg	SSRI		Risk of QTC prolongation (though less than citalopram)
Fluoxetine 20 mg	SSRI		May be activating
Duloxetine 20 mg	Serotonin and norepinephrine reuptake inhibitor (SNRI)	Chronic pain	
Venlafaxine XR 75 mg	SNRI	Vasomotor symptoms associated with menopause	Risk of elevated blood pressure
Mirtazapine 15 mg	SNRI	Insomnia, loss of appetite, weight loss	May be sedating, may be associated with weight gain.
Bupropion 75 mg	Norepinephrine and dopamine reuptake inhibitor	Assists with smoking cessation	Lowers seizure threshold; can be activating and worsen anxiety

*Start at half of this dose for elderly or those sensitive to side effects.