

QUICK REFERENCE TO PSYCHIATRIC MEDICATIONS®

DEVELOPED BY JOHN PRESTON, PSY.D., ABPP AND BRET A. MOORE, 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

Generic	NAMES	Brand	Usual Daily Dosage Range	Sedation	ACH ¹	Selective Action On Neurotransmitters ²		
						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	Olepto		150-400 mg	mid	none	0	++++	0
nefazodone	Generic Only		100-300 mg	mid	none	0	+++	0
fluoxetine	Prozac ⁴ , Sarafem		20-80 mg	low	none	0	+++++	0
bupropion	Wellbutrin ⁴		150-400 mg	low	none	++	0	++
sertraline	Zoloft		50-200 mg	low	none	0	+++++	+
paroxetine	Paxil		20-50 mg	low	low	+	+++++	0
venlafaxine	Effexor ⁴		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 5	see footnote 5
esketamine	Spravato		see footnote 6	see footnote 6

¹ACH: Anticholinergic Side Effects
²NE: Norepinephrine, 5-HT: Serotonin, DA: Dopamine (0 = no effect, + = minimal effect, +++ = moderate effect, ++++ = high effect)
³Uncertain, but likely effects
⁴Available in standard formulation and time release (XR, XL or CR). Prozac available in 90mg time released/weekly formulation
⁵This medication is used to treat postpartum depression. It is administered IV over a period of 60 hours.
⁶This 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

NAMES				NAMES			
Generic	Brand	Daily Dosage Range	Serum ¹ Level	Generic	Brand	Daily Dosage Range	Serum ¹ Level
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 ⁴	(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)			

¹Lithium levels are expressed in mEq/l, carbamazepine and valproic acid levels express in mcg/ml.
²Serum monitoring may not necessary ³Not yet established ⁴Available in: 6/25, 6/50, 12/25, and 12/50mg formulations

PSYCHO-STIMULANTS

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

PSYCHO-STIMULANTS

NAMES		
Generic	Brand	Daily Dosage ¹
lisdexamphetamine	Vyvanse	30-70 mg
d- and l-amphetamine	Adderall	5-40 mg
modafinil	Provigil, Sparlon	100-400 mg
armodafinil	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

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

ANTIPSYCHOTICS

NAMES

Generic	Brand	Dosage Range ¹	Sedation	Ortho ²	EPS ³	Weight ⁴ Gain	Metabolic Side Effects	Equivalence ⁵
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	+++++	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

¹Usual daily oral dosage.

²Orthostatic Hypotension. Dizziness and falls.

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

⁴Monitor BMI.

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

⁶Dose required to achieve efficacy of 100 mg chlorpromazine.

⁷In 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.

⁸Note: Many antipsychotic medications are approved for the treatment of various phases of bipolar disorder.

ANTI-ANXIETY

NAMES

Generic	Brand	Single Dose Dosage Range	Equivalence ¹
BENZODIAZEPINES			
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
OTHER ANTIANXIETY AGENTS			
bupirone	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 ²	Minipress	5-20 mg	
ANTI OBSESSIONALS			
Clomipramine	Anafranil	150-300 mg	
All SSRIs			

¹Doses required to achieve efficacy of 5 mg of diazepam

²For treatment of nightmares and day time anxiety

HYPNOTICS

NAMES

Generic	Brand	Single Dose Dosage Range
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	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 ^{1, 2}	600-1800 mg
SAM-e ³	400-1600 mg
Omega-3 ⁴ -EPA	1-2 g
Folic Acid ⁷	400-800 mcg
L-methylfolate ^{7, 8}	7.5-15 mg
N-acetylcysteine ⁵	1200-2400 mg
Chamomile ⁶	200-1500 mg
5-HTP ⁷	300-600 mg
Magnesium L-Threonate ⁸	500-2000 mg

¹Treats depression and anxiety

²May cause significant drug-drug interactions

³Treats depression

⁴Treats depression and bipolar disorder

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

⁶For trichotillomania

⁷Treats anxiety

⁸Treats depression

⁹Treats sleep

REFERENCES and RECOMMENDED BOOKS

Quick Reference & Bipolar Medications • Free Books • Free Downloads

Website: www.PsyD-fx.com

Handbook of Clinical Psychopharmacology For Therapists (2017) Preston, O'Neal and Talaga

Clinical Psychopharmacology Made Ridiculously Simple 8th Edition (2020) Preston, Moore and Johnson

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

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