

# 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

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
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

Generic	NAMES	Brand	Daily Dosage Range	Serum <sup>1</sup> Level	Generic	NAMES	Brand	Daily Dosage Range	Serum <sup>1</sup> 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 <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

## 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
dexmethylphenidate		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
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

<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

Generic	Brand	Dosage Range <sup>1</sup>	Sedation	Ortho <sup>2</sup>	EPS <sup>3</sup>	Weight <sup>4</sup> Gain	Metabolic Side Effects	Equivalence <sup>5</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.

<sup>7</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>8</sup>Note: 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	5-20 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	
<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
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 <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*  
(2018) Preston and Johnson

*Bipolar Medications  
A Concise Guide*  
(2018) Preston: Free Download

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