

**EVIDENCE-BASED MEDICINE***Key Words:* antidepressant, depression, remission, comorbidity, clinical response, treatment

# Rational Antidepressant Selection: Applying Evidence-Based Medicine to Complex Real-World Patients

By Mark Zetin, MD, Cara T. Hoepner, RN,  
and Lynda Bjornson, PhD

**ABSTRACT** – Every clinician faces the daily question of which antidepressant is best for a particular depressed patient. Double-blind studies submitted for U.S. Federal Drug Administration marketing approval include only the “purest” population of patients, and the American Psychiatric Association and other treatment guidelines often do not adequately address the complexities of developmental, family history, psychosocial, medical, and psychiatric comorbidity, and treatment-refractory issues that are seen in routine clinical practice. Long-term trends in depression treatment include ever-expanding choices among drugs, highly specific psychotherapies, and attempts to treat chronic and/or mild cases, with the goal of remission for all patients. We performed literature reviews and attempted to synthesize factors that may be useful in the application of evidence-based medicine in office-based psychiatric practice. We have found that factors influencing antidepressant selection include drug factors (including tolerability, interactions, and cost), depression subtype, psychiatric and medical comorbidity, and stage of life. In addition, patient preference for avoiding certain side effects and personal and family history of treatment response are helpful information. Most patients in the community would not fit strict antidepressant study criteria. Biologic markers predicting treatment response are not yet widely available, so the optimal choice of medication must be guided by detailed history. *Psychopharmacology Bulletin*. 2006;39(1):38–104.

## INTRODUCTION

“Doctor, I’m a 40-year-old man with several episodes of depression. My grandfather made and lost several millions of dollars before his suicide. My father had periods of gambling, womanizing, rage, drinking excessively, and depression. My mother had chronic depression until she finally got onto a selective serotonin re-uptake inhibitor (SSRI). In my cocaine and alcohol-abusing days, I had a

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# The Evidence Based Guide To Antidepressant

**K. Shivakumar**



## **The Evidence Based Guide To Antidepressant:**

**The Evidence-Based Guide to Antidepressant Medications** Anthony J. Rothschild, 2012-09-24 The second book in the Evidence Based Guides series The Evidence Based Guide to Antidepressant Medications provides a clear reference to the current knowledge and evidence base for the use of antidepressants among a variety of patients across a wide range of disorders Chapters within this guide are authored by experts in their respective areas of practice and synthesize a large amount of medical literature into a comprehensive yet understandable concise reader friendly guide Each chapter covers both the FDA approved and off label use of antidepressant medications and the evidence base for their use Each chapter also features useful tables pertaining to specific topics such as summaries of uses and efficacy and important clinical pearls of wisdom in the Key Clinical Concepts Topics covered in chapters within this text include Use of selective serotonin reuptake inhibitors MAOIs and tricyclic antidepressants in major depressive disorder bipolar depression psychotic depression and treatment resistant depression Acute management of anxiety disorders obsessive compulsive disorder and specific phobias through antidepressant use Use of antidepressant medication in medically ill patients such as those with cardiovascular pulmonary gastrointestinal renal and endocrine diseases as well as cancer chronic pain HIV burns and hospital based trauma Developmental considerations necessary to keep in mind when prescribing antidepressants to children and adolescents along with an outline of controlled studies and their special attention to safety Medication management in geriatric patients including antidepressant use among depressed elderly patients with dementia stroke or Parkinson's disease Risks and benefits of prescribing antidepressants during pregnancy and lactation Together the authors have synthesized a large amount of medical literature into a comprehensive yet understandable concise reader friendly guide The Evidence Based Guide to Antidepressant Medications is a must have reference for psychiatrists and other practicing clinicians residents in training psychiatric nurses social workers and researchers

**The Evidence-based Guide to Antidepressant Medications** Anthony J. Rothschild, 2012 The Evidence Based Guide to Antipsychotic Medications is a table rich comprehensive overview of current knowledge regarding the use of antipsychotic medications to treat a broad range of psychiatric conditions from anxiety disorders to schizophrenia

**The Social Worker and Psychotropic Medication** Kia J. Bentley, Shannon Hughes, Joseph Walsh, 2023-09-05 A generation of social work students has benefited from Kia Bentley and Joseph Walsh's practical approach to the social worker's role in psychopharmacology New coauthor Shannon Hughes brings even more fresh ideas to the updated Fifth Edition Important updates include updated and expanded drug information and tables including names typical dosages potential adverse effects as well as never before included FDA approval information updated content on psychogenomics as well as added new content on medication use with sexual minorities and gender diverse people more explicit criticisms of the chemical imbalance theory and the use of the term anosognosia more comprehensive guidelines for talking to children parents and teachers about psychiatric medication expanded content on

shared decision making including a presentation on what we think truth telling about medication looks like in the 21st century explicit content on the centrality of avoiding both subtle and overt coercion new section on medication discontinuation and deprescribing and the role of social work in supporting these trends expanded section on prescription writing privileges to account for the recognition of physician assistants nurse practitioners and pharmacists in those roles new section on the use of psychedelics in psychiatry acknowledgement of the potential impact of the COVID 19 pandemic and telemedicine on the future of both social work and psychopharmacological practice significantly increased attention to the human rights social justice interface of social work and psychopharmacology      Wonderpedia of NeoPopRealism Journal, Today's Featured Articles, 2010-2013 Nadia Russ,2015-08-10 NeoPopRealism Journal and Wonderpedia founded by Nadia Russ in 2007 N J and 2008 W Wonderpedia is dedicated to books published all over the globe after year 2000 offering the books reviews      **Psychiatry Review for Canadian Doctors** K. Shivakumar,2014-12-09 Reinforce the knowledge skills and confidence you need to excel in your certification exams Ensure you re ready for the psychiatry certification exams both written and oral offered by the Royal College of Physicians and Surgeons of Canada Psychiatry Review for Canadian Doctors is the only guide written specifically for the needs of residents studying for the RCPSC psychiatry exams Psychiatry Review for Canadian Doctors also offers robust extra preparation for other exams including the psychiatry resident in training exam and certification exams in the United States the United Kingdom Australia and New Zealand Features four practice multiple choice exams 200 questions total and 20 OSCE scenarios Covers all the main topics and question formats you ll find on the exams Provides answer keys with detailed explanations and list of references for follow up      Evidence-Based Treatment for Anxiety Disorders and Depression Gillian Todd,Rhena Branch,2022-01-13 Written by internationally recognized experts this comprehensive CBT clinician s manual provides disorder specific chapters and accessible pedagogical features The cutting edge research advanced theory and attention to special adaptations make this an appropriate reference text for qualified CBT practitioners students in post graduate CBT courses and clinical psychology doctorate students The case examples demonstrate clinical applications of specific interventions and explain how to adapt CBT protocols for a range of diverse populations It strikes a balance between core theoretical principles and protocol based interventions simulating the experience of private supervision from a top expert in the field      **The Maudsley Deprescribing Guidelines** Mark Horowitz,David M. Taylor,2024-02-12 The Maudsley Deprescribing Guidelines Comprehensive resource describing guidelines for safely reducing or stopping deprescribing antidepressants benzodiazepines gabapentinoids and z drugs for patients including step by step guidance for all commonly used medications covering common pitfalls troubleshooting supportive strategies and more Most formal guidance on psychiatric medication relates to starting or switching medications with minimal guidance on deprescribing medication In 2023 the World Health Organisation and the United Nations called for patients as a human right to be informed of their right to discontinue treatment and to receive support to do so The Maudsley

Deprescribing Guidelines fills a significant gap in guidance for clinicians by providing comprehensive and authoritative information on this important aspect of treatment. This evidence based handbook provides an overview of principles to be used in deprescribing. This is derived from fundamental scientific principles and the latest research on this topic combined with emerging insights from clinical practice including from patient experts. Building on the recognised brand of The Maudsley Prescribing Guidelines and the prominence of the authors work including in The Lancet Psychiatry on tapering antidepressants the most read article across all Lancet titles when it was released. The Maudsley Deprescribing Guidelines covers topics such as Why and when to deprescribe antidepressants benzodiazepines gabapentinoids and z drugs. Barriers and enablers to deprescribing including physical dependence social circumstances and knowledge about the discontinuation process. Distinguishing withdrawal symptoms such as poor mood anxiety insomnia and a variety of physical symptoms from symptoms of the underlying disorder that medication was intended to treat. The difference between physical dependence and addiction substance use disorder. Explanation of why and how to implement hyperbolic tapering in clinical practice. Specific guidance on formulations of medication and techniques for making gradual reductions including using liquid forms of medication and other approaches. Step by step guidance for safely stopping all commonly used antidepressants benzodiazepines gabapentinoids and z drugs including fast moderate and slow tapering regimens or schedules for each drug and guidance on how to tailor these to an individual. Troubleshooting issues which can arise on stopping these medications including akathisia withdrawal symptoms acute or protracted and relapse. Written for anyone interested in safe deprescribing of psychiatric medications including psychiatrists GPs pharmacists nurses medical trainees and interested members of the public. The Maudsley Deprescribing Guidelines is an essential resource on the subject that provides practical guidance on how to improve patient outcomes in this field of medicine.

**How to Practice Evidence-Based Psychiatry** C. Barr Taylor, 2009-10-30. The use of evidence based guidelines and algorithms is widely encouraged in modern psychiatric settings yet many practitioners find it challenging to apply and incorporate the latest evidence based psychosocial and biological interventions. Now practitioners have an outstanding new resource at their fingertips. How to Practice Evidence Based Psychiatry: Basic Principles and Case Studies accomplishes two goals: it explains the methods and philosophy of evidence based psychiatry and it describes ways in which psychiatrists and other mental health specialists can incorporate evidence based psychiatry into their clinical practices. Uniquely relevant to psychiatric clinicians this is the only book on evidence based medicine specific to the field of psychiatry that addresses integrated psychopharmacology and psychotherapies. This new book first provides an expansion on the popular text the Concise Guide to Evidence Based Psychiatry updating the sections on clinical trials the teaching of evidence based medicine and the effective treatment of patients with complex comorbid conditions. It then allows experts from a variety of specialty areas and practice settings to describe how they incorporate the latest evidence and outcome studies into interesting and inspiring cases of their own. The book starts with the

assumption that clinicians must adapt guidelines algorithms other sources of evidence and the interpretation of this evidence to each individual patient It describes basic statistical concepts in an easily understood format and offers separate chapters devoted to systematic reviews and meta analyses clinical practice guidelines diagnostic tests surveys of disease frequency and prognosis and psychometric measurement It also presents an easily relatable discussion of many of the major issues of evidence based psychiatry such as use of the Five Step evidence based medicine model The first section can be used both as an introduction to the topic and a ready reference for researching the literature and appraising evidence The second section includes relevant case examples of major psychiatric disorders and the third presents case examples from diverse treatment settings In these sections 24 contributing clinicians from a variety of practice settings discuss situations in which they followed aspects of evidence based care The text includes tables and charts throughout the text including algorithms guidelines and examples of simple therapist devised measures of progress further enhance learning retention and clinical practice How to Practice Evidence Based Psychiatry Basic Principles and Case Studies is a valuable new tool that will help residents practicing psychiatrists and other mental health workers find the most useful and relevant information to inform and improve their everyday practices **Evidence-based Guide to Antidepressant Medications**, 2012 **Mental**

**Healthcare Matters in Primary Care** Ruth Chambers, Elizabeth Boath, Gill Wakley, 2001 Bridging the gap between theory and practice this book shows how to integrate quality improvements into everyday work It outlines how learning more about mental health and reviewing current practice can be incorporated into personal development or practice learning plans

**Borderline Personality and Mood Disorders** Lois W. Choi-Kain, John G. Gunderson, 2014-10-24 In Borderline Personality and Mood Disorders Comorbidity and Controversy a panel of distinguished experts reviews the last two decades of progress in scientific inquiry about the relationship between mood and personality disorders and the influence of this empirical data on our ways of conceptualizing and treating them This comprehensive title opens with an introduction defining general trends both influencing the expansion of the mood disorder spectrum and undermining clinical recognition and focus on personality disorders The overlaps and differences between MDD and BPD in phenomenology and biological markers are then reviewed followed by a review of the overlaps and distinctions between more atypical mood disorder variants Further chapters review the current state of thinking on the distinctions between bipolar disorder and BPD with attention to problems of misdiagnosis and use of clinical vignettes to illustrate important distinguishing features Two models explaining the relationship between mood temperament and personality are offered followed by a review of the literature on risk factors and early signs of BPD and mood disorders in childhood through young adulthood as well as a review of the longitudinal studies on BPD and mood disorders The last segment of the book includes three chapters on treatment The book closes with a conclusion with a synthesis of the current status of thinking on the relationship between mood and borderline personality disorder An invaluable contribution to the literature Borderline Personality and Mood Disorders Comorbidity and

Controversy insightfully addresses the mood and personality disorders realms of psychiatry and outlines that it has moved away from contentious debate and toward the possibility of synthesis providing increasing clarity on the relationship between mood and personality to inform improvements in clinical management of the convergence of these psychiatric domains in common practice

**Clinical Pharmacy and Therapeutics E-Book** Cate Whittlesea, Karen Hodson, 2018-09-11 This new edition of Clinical Pharmacy and Therapeutics was really very helpful when I was doing an MSc course in Advancing Pharmacy Practice and it was really very helpful in all the clinical diseases I have to read for my PBL I also used it as one of my most reliable reference books for the in course simulation ward rounds and other clinical case studies It is a great book to have as a practising clinical or hospital pharmacist or even community pharmacist It will also be of great use to anyone doing a course in pharmacotherapy This book will always be of use to you throughout your studentship or when practising after graduation It is also more portable than most other pharmacotherapy textbooks with the same amount of information Now in its sixth edition this best selling multi disciplinary textbook continues to draw on the skills of pharmacists clinicians and nurses to present optimal drug regimens The authors integrate an understanding of the disease processes with an appreciation of the pathophysiological processes clinical pharmacy and the evidence base Each chapter is co written by a pharmacist and a clinician and each chapter begins with key points and ends with cases to test understanding The sixth edition is now on StudentConsult for the first time giving online access to the full text Key points boxes at the beginning of each chapter Case study boxes throughout the chapters Each chapter co written by a pharmacist and a clinician In depth treatment of therapeutics to support pharmaceutical prescribing Logical order and format key points epidemiology aetiology disease clinical manifestations investigations and treatment drugs used in treatment Dosage reference sources given where appropriate along with useful websites and further reading for each chapter New co editor Karen Hodson Over 10 new authors Now in 4 colour On StudentConsult for the first time New chapter on Dementia Many new and revised illustrations Chapters revised to include advances in therapeutics and changes to dose regimens and licensed indications Updated case studies

**Mood Disorders and Antidepressants** Stephen M. Stahl, 2013-10-28 With the fully revised fourth edition of Essential Psychopharmacology Dr Stahl returns to the essential roots of what it means to become a neurobiologically empowered psychopharmacologist expertly guided in the selection and combination of treatments for individual patients in practice This remains the essential text for all students and professionals in mental health seeking to understand and utilize current therapeutics and to anticipate the future for novel medications This special edition featuring the extracted chapters on mood disorders and antidepressants provides a readable digest on these specific issues for experts and novices alike

*Challenging Depression: The Go-To Guide for Clinicians and Patients (Go-To Guides for Mental Health)* Mark Zetin, Cara T. Hoepner, Jennifer Kurth, 2010-10-25 Here both therapist and client will learn the causes of depression how to recognize and diagnose the different iterations of depression the wide variety of psychotherapeutic and psychopharmacological

treatment options available and how to get the most out of those treatments Zetin Hoepner and Kurth explain the causes of depression how to recognize and diagnose the different iterations of depression and the wide variety of psychotherapeutic and psychopharmacological treatment options available Even more important they show patients how to best work with their clinicians and clinicians how to best help their patients The book is liberally sprinkled with case discussions which demystify the treatment protocols and show the various ways that clients respond to treatment In this book medical professionals have a go to desk reference for their questions about depression and consumers have a friendly accessible introduction to an otherwise intimidating disorder Schizophrenia Bulletin ,2010 *Psychobiology of Behaviour* Kostas N.

Fountoulakis,Ioannis Nimatoudis,2019-07-26 The book provides a comprehensive reference on the neurobiological understanding of behaviour how behaviour is regulated by the brain and how such behaviours in turn influence the brain The work offers an introduction to neural systems and genetics epigenetics followed by detailed study of a wide range of behaviours temperament and personality instincts and drives memory and cognitive function sex and sexual differentiation ethology and evolutionary biology aging drug abuse and other problematic behaviors psychophysiology and ultimately the links to biological psychiatry and psychopharmacology Research findings on the neural basis of social behaviour are integrated across different levels of analysis from molecular neurobiology and neural systems behavioural neuroscience to fMRI imaging data on human social behaviour The content covers research on both normal and abnormal behaviours as well as developmental aspects The target audience includes psychiatrists neurologists nurses psychologists and all researchers and advanced students in behavioural social and developmental neuroscience as well as clinical neuroscientists

*Managing Treatment-Resistant Depression* Joao L. de Quevedo,Patricio Riva-Posse,William V. Bobo,2022-03-31 Managing Treatment Resistant Depression Road to Novel Therapeutics defines TRD for readers discussing the clinical and epidemiological predictors economic burden and neurobiological factors In addition staging methods for treatment resistance are fully covered in this book including serotonin specific reuptake inhibitors serotonin norepinephrine reuptake inhibitors other classes of antidepressants including tricyclic antidepressants and monoamine oxidase inhibitors augmentation strategies and newer antidepressant treatments like ketamine and esketamine In addition evidence supporting the use of psychotherapies and neuromodulation strategies are also reviewed Written by top experts in the field this book is the first of its kind to review all methods of treatment for TRD Defines Treatment Resistant Depression and Staging Treatment Intensity Includes Treatment Resistant Depression options for children adolescents geriatrics during pregnancy and during post partum and menopause transitions Discusses the use of Ketamine and Esketamine for treatment resistant depression **A Clinician's Guide to Statistics in Mental Health** S. Nassir Ghaemi,2023-02-09 Describes and applies statistics in plain English with examples from standard clinical practice for busy mental health professionals **Major Depressive Disorder** Carola Rong,Mehala Subramaniapillai,Yena Lee,2019-08-25 Get a quick expert overview of the key issues surrounding best



practices and current consensus on major depressive disorder MDD This concise resource by Drs Roger S McIntyre Carola Rong Mehala Subramaniapillai and Yena Lee consolidates today s available information on this complex topic into one convenient resource making it an ideal easy to digest reference for both psychiatrists and primary care physicians Covers genetics and epigenetics brain structural abnormalities cognition neuroendocrine alterations and inflammatory abnormalities as they relate to MDD Contains chapters on psychiatric comorbidity pharmacological treatments neuromodulatory treatments lifestyle interventions internet based technology based interventions and glutamate alterations     *Recent Developments in Pharmacogenetics and Pharmacogenomics* Henk-Jan Guchelaar, José A. G. Agúndez, 2021-11-16

## Whispering the Techniques of Language: An Emotional Quest through **The Evidence Based Guide To Antidepressant**

In a digitally-driven world wherever displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases often move unheard. However, nestled within the pages of **The Evidence Based Guide To Antidepressant** a captivating fictional treasure pulsing with raw emotions, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the very material of every word. Within the psychological depths of the emotional review, we will embark upon a sincere exploration of the book's key styles, dissect its fascinating writing type, and yield to the strong resonance it evokes strong within the recesses of readers' hearts.

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### **The Evidence Based Guide To Antidepressant Introduction**

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