What are Antidepressants?

Antidepressant: Anything, and especially a drug, used to prevent or treat depression.

Types of Antidepressants
- Tricyclics
- SSRIs
- SNRIs
- MAOIs
- Newer Combinations
2-Minute Neuroscience Video

https://youtu.be/uiXcAbrO8kU
Antidepressant Nation
By APage

Types of Antidepressants & Common Side Effects

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Common Brand Names:
- Elavil
- Asendin
- Anafranil
- Adapine
- Sinequan
- Tofranil
- Pamelor
- Vivactil
- Celexa
- Lexapro
- Luvox
- Prozac
- Paxil
- Zoloft
- Cymbalta
- Marplan
- Nardil
- Effexor
- Serzone
- Parnate
- Ludpram
- Remeron
- Desyrel

For a complete list of antidepressants and side effects visit:
Pros of Antidepressants

Antidepressants balance the neurotransmitters in your brain that affect mood and emotions. Individuals prescribed antidepressants may experience:

- Improved mood
- Improved sleep quality and schedule
- Increase appetite
- Increased Concentration
- Mood stability
  - Decrease significant mood swings often associated with bipolar.
5 major types of depression

- Major Depressive Disorder
- Persistent Depressive Disorder
- Bipolar Disorder
- Postpartum Disorder
- Premenstrual Dysphoric Disorder
Major Depressive Disorder

- **Treatment**
  - Selective Serotonin Reuptake Inhibitor (SSRI)

- **Side effects**
  - drowsiness,
  - dizziness,
  - sleep problems (insomnia),
  - nausea,
  - upset stomach,
  - gas,
  - heartburn,
  - constipation
Persistent Depressive Disorder

- Mild but long term form of depression
- Treatment
  - Selective Serotonin Reuptake Inhibitor (SSRI) and SNRIs
    - Ex: Fluoxetine, Sertraline
- Side effects
  - sleep problems (insomnia), strange dreams;
  - headache, dizziness, vision changes;
  - tremors or shaking, feeling anxious or nervous;
  - pain, weakness, yawning, tired feeling;
  - upset stomach, loss of appetite, nausea, vomiting, diarrhea;
  - dry mouth, sweating, hot flashes;
Bipolar Disorder

- Disorder associated with episodes of mood swings ranging from depressing lows to manic highs.

- **Treatment**
  - Mood stabilizers, Selective Serotonin Reuptake Inhibitor (SSRI)
    - Ex: Lexapro, Viibryd

- **Side Effects**
  - dizziness, drowsiness, weakness;
  - sweating, feeling shaky or anxious;
  - sleep problems (insomnia);
  - dry mouth, loss of appetite;
  - nausea, constipation;
  - yawning;
  - weight changes; or.
  - decreased sex drive, impotence, or difficulty having an orgasm.
Postpartum Disorder

● Treatment
  ○ Selective Serotonin Reuptake Inhibitor (SSRI)
    ■ Ex: Fluoxetine, Sertralin

● Side effects
  ○ drowsiness,
  ○ dizziness,
  ○ sleep problems (insomnia),
  ○ nausea,
  ○ upset stomach,
  ○ gas,
  ○ heartburn
Premenstrual Dysphoric Disorder

- A severe sometimes disabling extension of premenstrual syndrome.
- Treatment
  - Birth control, Selective Serotonin Reuptake Inhibitor (SSRI), and Anxiolytic
- Side Effects
  - Possible weight gain or fluid retention.
  - Breast swelling or tenderness.
  - Nausea or upset stomach.
  - Mood changes.
Conclusion

- Antidepressants help millions of people a year suffering with depression.
- They are proven to help people who suffer with depression.
- There have been an increase in prescriptions by doctors around the world.
- Be a part of the solution and support the use of Antidepressants.
Questions For You?

Given the side effects and positive feedback from its users, how do you feel about the use of antidepressants?

If against the use of antidepressants, what is another way a person suffering depression can overcome their disorder?

Why do you think the antidepressant use has more than doubled in the past decade?


