

Appendix 1

CPA/CANMAT Depression Work Group Guidelines: Frequency of Side Effects to Selective Serotonin Reuptake Inhibitors (SSRIs) and Novel Antidepressants at Therapeutic Dosages

	Citalopram (Celexa®)	Fluoxetine (Prozac®)	Fluvoxamine (Luvox®)	Paroxetine (Paxil®)	Sertraline (Zoloft®)	Nefazodone (Serzone®)	Trazodone (Desyrel®)	Bupropion (Wellbutrin®)	Venlafaxine (Effexor®)	Mirtazapine (Remeron®)
CNS effects										
Drowsiness, sedation	+++	+++	+++	+++	+++	+++	++++	++	+++	++++
Insomnia	+++	+++ (avoid eve. dose)	+++	+++	+++	++	++	+++	+++ (avoid eve. dose)	++
Excitement, hypomania (esp. in bipolar disorder)	++	++	+++	++	+++	++	—*	+++*	+++*	++
Disorientation/confusion	+	+++	++	+	+	+++	+	++	++	++
Headache	+++	+++	+++	+++	+++	+++	++	+++	+++	++
Asthenia, fatigue	+++	+++	+++	+++	++	+++	+++	++	+++	+++
Anticholinergic effects										
Dry mouth	+++	+++	+++	+++	+++	+++	+++	+++	+++	++++
Blurred vision	++	++	++	++	++	+++	++	+++	++	+++
Constipation	++	++	+++	+++	++	+++	++	+++	+++	+++
Sweating	+++	++	+++	+++	++	++	—	+++	+++	++
Delayed micturition (primarily in elderly)	++	++	++	++	+	+	+	++	+	++
Extrapyramidal effects										
Tremor	+++	+++	+++	+++	+++	+	++	+++	++	++
Unspecified	+	++	++	++	++	+	++	++	++	+
Tardive dyskinesia (rare)		R					R			
Cardiovascular effects										
Orthostatic hypotension/dizziness	++	+++	++	+++	+++	+++	+++	++	+++	++
Tachycardia, palpitations	++	+	+	++	++	+	++	++	++	++
Decreased heart rate	R	R	R	R	R	R				
ECG changes ^c	+	+	+	+	+	+	++	+	+	+
Cardiac arrhythmia	+	+	+	+	+	+	++	+	+	+
		(atrial dysrhythmia)					(PVCs)			
Hypertension								R	R	
GI distress	+++	+++	++++	+++	++++	+++	+++	+++	++++	++
Dermatitis, rash	+	++	++	+	++	+	+	++	++	+
Weight gain (over 6kg)	+	+	+	++	+	—	++	+	+	++++
Weight loss initially	R	R		R	R			R	R	
Sexual disturbances										
Priapism	++	++++ R	++++	++++ R	++++ R	+	+	+	+++ R	+
Seizures (in patients without epilepsy)										
	+	+	+	+	+	+	+	+	+	+
								(higher at doses 450mg/day or bulimia)		

Legend	
+	<2%
++	\$2%
+++	\$10%
++++	\$30%
R	reported, no further details

Adapted with permission from Bezchlibnyk-Butler KZ, Jeffries JJ. Clinical Handbook of Psychotropic Drugs, 10th ed. Copyright 2000 by Hogrefe & Huber Publishers, Toronto *and from* Kennedy SH, Lam RW, Cohen NL, Ravindran AV, and the CANMAT Depression Work Group. Clinical Guidelines for the Treatment of Depressive Disorders. *Canadian Journal of Psychiatry* 2001;46(Suppl1):45S.

* Less likely to precipitate mania