### Tailoring Antidepressant Choice to Patient Profile

#### Patient Profile

**Fatigue/ Lack of Energy or Motivation**
- Tranylcypromine, Fluoxetine, Fluvoxamine, Paroxetine, Sertraline

**Requires a Sedative Antidepressant**
- Citalopram, Escitalopram, Venlafaxine XR, Duloxetine, Bupropion, Mirtazapine, Vortioxetine, Venlafaxine XR, Tramadol, Snorex XR, Vortioxetine, Fetzima, Fasudil

**Pt at High Risk of Attempting Suicide by Overdose**
- Citalopram, Escitalopram, Venlafaxine XR, Duloxetine, Bupropion, Mirtazapine, Vortioxetine, Venlafaxine XR, Tramadol, Snorex XR, Vortioxetine, Fetzima, Fasudil

#### Depression Features

- **Would Not Tolerate Weight Gain**
  - Citalopram

- **Would Not Tolerate Sexual Adverse Effects**
  - Citalopram, Escitalopram

- **Wants to Quit Smoking**
  - Venlafaxine XR

- **Frequently Forgets Medication (Risk of Withdrawal)**
  - Citalopram

- **Substantial Alcohol Consumption/Binge Drinker**
  - Bupropion

#### Psychiatric Comorbidities

- **Anxiety**
  - Bupropion

- **Panic Disorder, Agoraphobia**
  - Sertraline

- **Social Anxiety Disorder**
  - Bupropion

- **Obsessive-Compulsive Disorder**
  - Fluoxetine

- **Post-Traumatic Stress Disorder**
  - Venlafaxine XR

- **Attention Deficit/ Hyperactivity Disorder**
  - Bupropion

- **Binge-Eating Disorder (Without Vomiting)**
  - Venlafaxine XR

- **Bulimia**
  - Bupropion

- **Paraphilia or Hypersexuality**
  - Bupropion

#### Medication Interactions

- **Pt Taking Medication Metabolised by CYP 2D6, Like Risperidone**
  - Citalopram, Escitalopram

- **Pt is Taking Multiple Meds**
  - Citalopram, Escitalopram

- **Pt is Taking 1A2 Inhibitor (Cipro, Cimetidine, Ticlopidine)**
  - Citalopram, Escitalopram

#### Chronic Pain Syndromes

- ** Fibromyalgia**
  - Citalopram

- **Depression with Pain of Unknown Origin**
  - Citalopram

- **Diabetic Neuropathic Pain**
  - Citalopram

#### Medical Comorbidities

- **Irritable Bowel Syndrome**
  - Citalopram, Escitalopram

- **Vulnerable to Nausea/Vomiting**
  - Citalopram, Escitalopram

- **Risk Factors for QT Prolongation Including Certain Meds**
  - Citalopram, Escitalopram

- **Heart Disease or Uncontrolled Hypertension**
  - Citalopram, Escitalopram

- **Liver Disease or Insufficiency**
  - Citalopram, Escitalopram

- **Severe Renal Insufficiency**
  - Citalopram, Escitalopram

- **Restless Legs Syndrome**
  - Citalopram

- **Menopause-Related Hot Flashes**
  - Citalopram, Escitalopram

#### Special Situations

- **Age < 18 Y.O. (Caution Regarding Covert Bipolarity)**
  - Citalopram, Escitalopram

- **Pregnant or Planning to Be**
  - Citalopram

- **Breastfeeding**
  - Citalopram

### References

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#### Legend:

- **O** = Use of this antidepressant is particularly advantageous for this patient or good evidence of efficacy in this situation
- **X** = Use of this antidepressant is particularly disadvantageous or contraindicated for this patient
- **a** = Should be taken with food (improves bioavailability of sertraline and vilazodone; reduces nausea with duloxetine)
- **b** = Reflecting concerns of possible QT interval prolongation, Health Canada issued an advisory warning that citalopram and escitalopram are contraindicated for pts with congenital long QT syndrome or a known long QT interval (>500 msec) and recommending that doses not exceed Citalopram 40 mg/day, Escitalopram 20 mg (or Cit 20, Escit 10 if hepatic insuff, in pts > 65 y.o., and in pts taking CYP2C19 inhibitors like cimetidine or who are CYP2C19 slow metabolisers). However, a very large cohort study found no ↑ risks of ventric. arrhythmia or all-cause, cardiac, or noncardiac mortality with Cital doses > 40 mg/day, casting doubt on the merits of these warnings (Zivin K et al. Am J Psychiatry. 2013;170;642-650). The FDA notes that escital was NOT associated with a significantly ↑ QT interval (03/2012)
- **c** = At doses of 150 - 225 mg/day