

Prescribed and administered properly, psychiatric medications can make life livable!

Adult Learning Center – Early Childhood Adventures Program
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There are six main groups of psychiatric medications.

- **Antidepressants**, which treat disparate disorders such as clinical depression, dysthymia, anxiety, eating disorders and borderline personality disorder.^[3]
- **Stimulants**, which treat disorders such as attention deficit hyperactivity disorder and narcolepsy and suppress the appetite.
- **Antipsychotics**, which treat psychoses such as schizophrenia and mania.
- **Mood stabilizers**, which treat bipolar disorder and schizoaffective disorder.
- **Anxiolytics**, which treat anxiety disorders.
- **Depressants**, which are used as hypnotics, sedatives, and anesthetics.

Antipsychotics

Antipsychotics are drugs used to treat various symptoms of psychosis, such as those caused by psychotic disorders or schizophrenia. Antipsychotics are also used as mood stabilizers in the treatment of bipolar disorder, even if no symptoms of psychosis are present. Antipsychotics are sometimes referred to as *neuroleptic drugs* and some antipsychotics are branded *major tranquilizers*.

There are two categories of antipsychotics, typical antipsychotics and atypical antipsychotics, most of which require a verifiable prescription from a licensed physician.

Common Antipsychotics [1]:

- Chlorpromazine (Thorazine), Typical antipsychotic
- Haloperidol (Haldol), Typical antipsychotic
- Perphenazine (Trilafon), Typical antipsychotic
- Thioridazine (Mellaril), Typical antipsychotic
- Thiothixene (Navane), Typical antipsychotic
- Trifluoperazine (Stelazine), Typical antipsychotic
- Aripiprazole (Abilify), Atypical antipsychotic
- Olanzapine (Zyprexa), Atypical antipsychotic
- Quetiapine (Seroquel), Atypical antipsychotic
- Risperidone (Risperdal), Atypical antipsychotic
- Ziprasidone (Geodon), Atypical antipsychotic

Antidepressants

Antidepressants are drugs used to treat clinical depression, and they are also often used for anxiety and other disorders. Most antidepressants will restrain the metabolism of serotonin or norepinephrine or both. Such drugs are

called Selective Serotonin Reuptake Inhibitors (SSRIs), and they actively prevent these neurotransmitters from dropping to the levels at which depression is experienced. SSRIs will often take 3–5 weeks to have a noticeable effect: the brain struggles to process the flood of serotonin, and reacts by downregulating the sensitivity of the autoreceptors, which can take up to 5 weeks. Bi-functional SSRIs are currently being researched, which will occupy the autoreceptors instead of 'throttling' serotonin. Another type of antidepressant is a monoamine oxidase inhibitor, which is thought to block the action of MAO, an enzyme that breaks down serotonin and norepinephrine. MAOIs are typically only used when tricyclic antidepressants or SSRIs exacerbate or fail to prevent depression.

Common Antidepressants [2]:

- Citalopram (Celexa), SSRI
- Escitalopram (Lexapro), SSRI
- Fluoxetine (Prozac), SSRI
- Sertraline (Zoloft), SSRI
- Duloxetine (Cymbalta), SNRI
- Venlafaxine (Effexor), SNRI
- Bupropion (Wellbutrin), NDRI^[4]
- Mirtazapine (Remeron), NaSSA
- Isocarboxazid (Marplan), MAO Inhibitor
- Phenelzine (Nardil), MAO Inhibitor

Mood stabilizers

In 1949, the Australian John Cade discovered that lithium salts could control mania, reducing the frequency and severity of manic episodes. This introduced the now popular drug Lithium carbonate to the mainstream public, as well as being the first mood stabilizer to be approved by the Food & Drug Administration. Many antipsychotics are used as mood stabilizers, though first resort remains a mood stabilizer such as Lithium carbonate. Many mood stabilizers, with the exception of Lithium, are anticonvulsants.

Common Mood Stabilizers [3]:

- Lithium Carbonate (Carbolith), Regular Mood stabilizer
- Carbamazepine (Tegretol), Anticonvulsant Mood stabilizer
- Valproic acid (Valproate), Anticonvulsant Mood stabilizer
- Valproate semisodium (Depakote), Anticonvulsant Mood stabilizer
- Lamotrigine (Lamictal), Atypical Anticonvulsant Mood stabilizer

Stimulants

Stimulants are some of the most widely prescribed drugs today. A stimulant is any drug that stimulates the central nervous system. Adderall, a collection of amphetamine salts, is one of the most prescribed pharmaceuticals in the treatment of attention-deficit hyperactivity disorder (ADHD). Stimulants can be addictive, and patients with a history of drug abuse are typically monitored closely or even barred from use and given an alternative. Discontinuing treatment without tapering the dose can cause withdrawal.

Common Stimulants Stimulant:

- Caffeine, Typical Stimulant found in many edibles worldwide
- Methylphenidate (Ritalin), (Concerta), (Daytrana) atypical stimulant
- Dexamethylphenidate (Focalin) D-isomer of Methylphenidate stimulant
- Dextroamphetamine (Dexedrine), (Dextrostat), (Vyvanse) D-Amphetamine-based stimulant
- Dextroamphetamine & Levoamphetamine (Adderall), D,l-Amphetamine salt mix stimulant

- Methamphetamine (Desoxyn), D-methamphetamine-based stimulant
- Modafinil (Provigil), stimulant

Anxiolytics & Hypnotics

Barbiturates were first used as hypnotics and as anxiolytics, but as time went on, benzodiazepines (Lowell Randall and Leo Sternbach, 1957) were developed in the 1960s and 1970s. Eventually they led to billions of doses being consumed annually, but as prescriptions increased, problems with addiction and dependence increased even more.

Common Anxiolytics & Hypnotics:

- Diazepam (Valium), Benzodiazepine derivative
- Nitrazepam (Mogadon), Benzodiazepine derivative
- Zolpidem (Ambien, Stilnox), an Imidazopyridine
- Chlordiazepoxide (Librium), Benzodiazepine derivative
- Alprazolam (Xanax), Benzodiazepine derivative
- Temazepam (Restoril), Benzodiazepine derivative
- Clonazepam (Klonopin), Benzodiazepine derivative
- Lorazepam (Ativan), Benzodiazepine derivative

Questions? Concerns? Side effects?

**Be a good advocate for yourself and your kids:
Ask your doctor, nurse or pharmacist today!**

From http://en.wikipedia.org/wiki/Psychiatric_medication 05.06.2010