

Brand Name	Generic Name	Starting Dose	Side Effects	Notes
Prozac	Fluoxetine	10 mg	Gastrointestinal symptoms, headaches, sleep disturbances  <b>Serious (rare):</b> Increased suicidal ideation or behavior	Has one RCT for SAD, GAD, and SP (a) has an open label study for Post Traumatic Stress Disorder (PTSD) symptoms in Turkish children that were in an earthquake
Zoloft	Sertraline	25 mg	Same as with Prozac	Has one RCT for GAD and one RCT for GAD, SP, and SAD which showed that combination treatment (psychotherapy plus medication) was more effective than either medication or psychotherapy alone
Celexa	Citalopram	10 mg	Same as with Prozac; also flu-like symptoms rhinitis, nausea, abdominal pain, fatigue, diarrhea, back pain	Has an open label study that was shown to be effective for Post Traumatic Stress Disorder (PTSD)
Paxil	Paroxetine	10 mg	Same as Prozac, nausea, dizziness, dry mouth, somnolence	Has one RCT for Social Phobia
Luvox	Fluvoxamine	25mg for children and 50mg for adolescents	Same as Prozac	Has one RCT for Childhood Separation anxiety disorder (SAD), Generalized anxiety disorder (GAD), and Social Phobia, (SP) doses ranged from 50mg to 150mg per day in children and up to 300mg daily in adolescents. Children and adolescents with less comorbid depressive symptoms had the best response. (a)
Effexor	Venlafaxine	37.5 mg	Weight change, bloating, constipation, weight loss, dry mouth, asthenia, dizziness, headache, somnolence, blurred vision, fatigue  <b>Serious (rare):</b> cardiac dysrhythmia, myocardial infarction, sudden death, decreased liver function, jaundice, stroke, seizure, worsening of depression or suicidal ideation	Has one RCT for GAD and SP
A <sup>1</sup> nafranil	Clomipramine	50mg	Dry mouth, constipation, tachycardia, arrhythmia	Has one RTC for Obsessive Compulsive Disorder but not other childhood anxiety disorders

<sup>1</sup> Anxiety Medication Side Effects from NASBHC Conference 2013

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Buspar	Buspirone	15mg	Dizziness, upset stomach, headache, sedation	May be an alternative to SSRI's for GAD in youth but has no published controlled trials
Clonidine	Catapres	0.1mg	Bradycardia, arrhythmia, hypotension, sedation, dry mouth, dizziness	Has 2 open studies that have been found to decrease anxiety, impulsivity, and PTSD hyperarousal symptoms in children with PTSD
Inderal	Propranolol	20mg	Monitor for bradycardia, hypotension, and bronchoconstriction	Has an open study that showed a decrease in re-experiencing an hyperarousal symptoms in children with PTSD symptoms; Contraindicated in asthma and diabetes
Desyrel	Trazodone	50mg	Sedation, dizziness, hypotension, rarely can cause priapism	No RCTs often used for insomnia related to depression or anxiety
Minipress	Prazosin	1mg	Orthostatic hypotension, sedation, syncope, and nasal congestion, rarely can cause priapism	No RCTs, positive case studies in adolescents, used for nightmares and insomnia in adolescents with PTSD

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