

MEDICATIONS TO TREAT ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

1 st Line SSRI Selective Serotonin Reuptake Inhibitor		
Sertraline Zoloft™	FDA Approved Indication/Age	OCD, Age ≥ 6 yrs
	Typical Dosing Range	Children 25-100 mg Adolescents 50-150 mg
	Typical Starting Dose	12.5 mg - 25 mg daily
	Typical Titration Increments*	12.5 – 25 mg for doses < 50 mg 25 mg for doses > 50mg
	Max Daily Dose	200 mg
	Common Adverse Effects	GI upset, headaches, insomnia
	Rare Potential Serious Side Effects	Serotonin syndrome, boxed warning for suicidal thoughts
Fluoxetine Prozac™	FDA Approved Indication/Age	MDD, OCD, Age ≥ 8
	Typical Dosing Range	Children 5-10 mg Adolescents 10-40 mg
	Typical Starting Dose	5-10 mg daily
	Typical Titration Increments*	5 mg for doses < 20 mg 10 mg for doses > 20 mg
	Max Daily Dose	60 mg
	Common Adverse Effects	Nausea, headache, weight reduction, abdominal pain
	Rare Potential Serious Side Effects	Serotonin syndrome, boxed warning for suicidal thoughts, hepatic failure
Escitalopram Lexapro™	FDA Approved Indication/Age	GAD, Age ≥ 7
	Typical Dosing Range	2.5-20 mg
	Typical Starting Dose	2.5-5 mg daily
	Typical Titration Increments*	5 mg
	Max Daily Dose	20 mg
	Common Adverse Effects	GI upset, headaches, insomnia
	Rare Potential Serious Side Effects	Serotonin syndrome, boxed warning for suicidal thoughts, QT Prolongation
2 nd Line SNRI Serotonin-norepinephrine Reuptake Inhibitor		
Duloxetine Cymbalta™	FDA Approved Indication/Age	GAD, Age ≥7 yrs
	Typical Dosing Range	Children, Adolescents 30-60 mg
	Typical Starting Dose	20 - 30 mg daily
	Typical Titration Increments*	20 - 30 mg
	Max Daily Dose	120 mg
	Common Adverse Effects	Nausea, headache, weight reduction, abdominal pain

*Titration Tips

Initial increase:
Can increase dose after 2 - 4 weeks after ensuring tolerability

Subsequent increases:
Would wait 4 - 8 weeks between dose adjustments to allow medication to reach steady state before assessing for efficacy

