

# MEDICATIONS TO TREAT DEPRESSION IN CHILDREN & ADOLESCENTS

| 1 <sup>st</sup> Line SSRI Selective Serotonin Reuptake Inhibitor |                                     |                                                                          |
|------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------|
| <b>Fluoxetine</b><br>Prozac™                                     | FDA Approved Indication/Age         | MDD, OCD, Age > 8                                                        |
|                                                                  | Typical Dosing Range                | Children 5-10 mg<br>Adolescents 10-40 mg                                 |
|                                                                  | Typical Starting Dose               | 5-10 mg daily                                                            |
|                                                                  | Typical Titration Increments*       | 5 mg for doses < 20 mg<br>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 |
| <b>Escitalopram</b><br>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 |

## \*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