

ANTIPSYCHOTICS

NAMES		Dosage Range ¹	Sedation	EPS ²	ACH Effects ³	Equivalence ⁴
Generic	Brand					
LOW POTENCY						
chlorpromazine	Thorazine	50-1500 mg	high	++	++++	100 mg
thioridazine	Mellaril	150-800 mg	high	+	++++	100 mg
clozapine	Clozaril	300-900 mg	high	0	++++	50 mg
mesoridazine	Serentil	50-500 mg	high	+	++++	50 mg
quetiapine	Seroquel	150-400 mg	mid	+ / 0	+	50 mg
HIGH POTENCY						
molindone	Moban	20-225 mg	low	+++	+++	10 mg
perphenazine	Trilafon	8-60 mg	mid	++++	++	10 mg
loxapine	Loxitane	50-250 mg	low	+++	++	10 mg
trifluoperazine	Stelazine	10-40 mg	low	++++	++	5 mg
fluphenazine	Prolixin ⁵	3-45 mg	low	+++++	++	2 mg
thiothixene	Navane	10-60 mg	low	++++	++	5 mg
haloperidol	Haldol ⁵	2-40 mg	low	+++++	+	2 mg
pimozide	Orap	1-10 mg	low	+++++	+	1-2 mg
risperidone	Risperdal	4-16 mg	low	+	+	1-2 mg
olanzapine	Zyprexa	5-20 mg	mid	+ / 0	+	1-2 mg
ziprasidone	Geodon	60-160 mg	low	+ / 0	++	10 mg

¹Usual daily oral dosage

²Acute: Parkinson's, dystonias, akathisia. Does not reflect risk for tardive dyskinesia. All neuroleptics may cause tardive dyskinesia, except clozapine.

³Anticholinergic Side Effects.

⁴Dose required to achieve efficacy of 100 mg chlorpromazine.

⁵Available in time-release IM format.

ANTI-ANXIETY

NAMES		Single Dose Dosage Range	Equivalence ²
Generic	Brand		
BENZODIAZEPINES			
diazepam	Valium	2-10 mg	5 mg
chlordiazepoxide	Librium	10-50 mg	25 mg
flurazepam	Dalmane ¹	15-60 mg	15 mg
prazepam	Centrax	5-30 mg	10 mg
clorazepate	Tranxene	3.75-15 mg	10 mg
temazepam	Restoril ¹	15-30 mg	10 mg
clonazepam	Klonopin	0.5-2.0 mg	0.25 mg
lorazepam	Ativan	0.5-2.0 mg	1 mg
alprazolam	Xanax	0.25-2.0 mg	0.5 mg
oxazepam	Serax	10-30 mg	15 mg
triazolam	Halcion ¹	0.25-0.5 mg	0.25 mg
ATYPICAL BENZODIAZEPINES			
estazolam	ProSom ¹	1.0-2.0 mg	1 mg
quazepam	Doral ¹	7.5-30 mg	7.5 mg
zolpidem	Ambien ¹	5-10 mg	5 mg
zaleplon	Sonata ¹	5-10 mg	5 mg
OTHER ANTIANXIETY AGENTS			
bupirone	BuSpar	5-20 mg	
hydroxyzine	Atarax, Vistaril	10-50 mg	
diphenhydramine	Benadryl	25-100 mg	
propranolol	Inderal	10-80 mg	
atenolol	Tenormin	25-100 mg	
clonidine	Catapres	0.1-0.3 mg	

¹Hypnotic used to treat initial insomnia

²Doses required to achieve efficacy of 5 mg of diazepam

OVER THE COUNTER

Name	Daily Dose
St. John's Wort ¹	600-1800 mg
SAM-e ²	400-1600 mg
Kava Kava ³	100-400 mg

¹Treats depression and anxiety

²Treats major depression

³Anti-anxiety effects

⁴Many O.T.C. products may cause drug-drug interactions

COMMON SIDE EFFECTS

ANTICHOLINERGIC EFFECTS (block acetylcholine)

- dry mouth
- blurred vision
- constipation
- memory impairment
- urinary retention
- confusional states

EXTRAPYRAMIDAL EFFECTS

(dopamine blockade in basal ganglia)

- Parkinson-like effects: rigidity, shuffling gate, tremor, flat affect, lethargy
- Dystonias: spasms in neck and other muscle groups
- Akathisia: intense, uncomfortable sense of inner restlessness
- Tardive dyskinesia: often a persistent movement disorder (lip smacking, writhing movements, jerky movements)

AUTONOMIC EFFECTS

- especially orthostatic hypotension, which can cause dizziness and imbalance, especially in the elderly, can result in falls and fractures.

SEDATION

- drowsiness and impaired concentration and reaction time.

Note: The above are common side effects. All medications can produce specific or unique side effects. For a more complete description, please see references listed below

REFERENCES and RECOMMENDED BOOKS

Handbook of Clinical Psychopharmacology For Therapists
(2002) Preston, O'Neal and Talaga

Clinical Psychopharmacology Made Ridiculously Simple
(2002) Preston and Johnson

Consumer's Guide to Psychiatric Drugs
(2000) Preston, O'Neal and Talaga

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