

This quiz can be found at <https://www.surveymonkey.com/r/8TDMFQH>.

- 1) Lexapro
- 2) Sexual side effects
- 3) Bupropion (Wellbutrin)
 - a. This medication can cause increased activation, so is often not as helpful for patients with anxiety.
- 4) Mirtazapine (Remeron)
 - a. This medication has a side effect profile including increased drowsiness and increased appetite and so can be helpful for patients who are experiencing a decrease in appetite and difficulty falling asleep at night.
- 5) GI upset; Headache; Dry mouth; Increased anxiety; Sexual side effects
 - a. Note: If a patient reports a side effect of decreased need for sleep, consider completing a CIDI-based Bipolar Questionnaire (if you haven't already), and discuss this with your psychiatric consultant. SSRIs can induce symptoms of mania in patients with bipolar disorder, so it is important to be aware of these symptoms.
- 6) Duloxetine (Cymbalta)
 - a. Duloxetine is a SNRI, which is a class of antidepressants with an evidence-base for treatment of both depression and chronic pain. Other SNRIs include desvenlafaxine (Pristiq) and venlafaxine (Effexor).
- 7) Prazosin (Minipress)
 - a. Note: The data for prazosin is mixed, with a 2017 study indicating no clear benefit on nightmares for patients who were prescribed prazosin. The VA Health System neither recommends nor deters prescribers from using prazosin to target nightmares. However, prazosin is still often used and recommended by psychiatrists, so this is a medication to be aware of. Alternatively, Trazodone is a good option for insomnia with PTSD (however, not typically used to target nightmares).
- 8) 4-6 weeks
- 9) Fluoxetine (Prozac)
 - a. Fluoxetine has the longest half-life of the SSRIs, and so can be a good option for patients that struggle with medication compliance. Studies have shown that, for this same reason, fluoxetine appears to produce the fewest withdrawal symptoms of the SSRIs.