

Medication	Choice Among SSRIs	Sedating or activating	Pearls and tidbits
Escitalopram (Lexapro)	1st line, only SSRI considered "most effective" and "most acceptable"*	Sedating	Few drug-drug interactions
Sertraline (Zoloft)	1st line	Not sedating or activating	Higher incidence of diarrhea than other SSRIs
Fluoxetine (Prozac)	2nd line due to potential drug-drug interactions Long half-life** makes this a good choice for people who forget pills or prefer non-daily dosing	Activating	Pan-CYP-450 inhibitor (2D6, 3A4, 2C19) = many drug-drug interactions Least likely to cause SSRI withdrawal when it is stopped Least likely to cause weight gain
Paroxetine (Paxil)	3rd line due to side effect risk. Reasonable to use in someone who has done well on paroxetine previously	Most sedating	Higher incidence of sexual side effects, weight gain, and anticholinergic side effects than other SSRIs Higher incidence of withdrawal symptoms when it is stopped. Strong CYP-450 inhibitor (2D6) = drug-drug interactions
Citalopram (Celexa)	4th line due to QTc prolongation. Choose escitalopram instead. Citalopram 20mg is equivalent to escitalopram 10mg	Sedating	Black box warning for QTc prolongation at higher doses. If someone is stable on high dose citalopram(60mg+), get an EKG. If the QTc is normal, there is no need to change the med.
Fluvoxamine (Luvox)	Commonly used for OCD Use the ER formulation to reduce GI side effects and allow for once daily dosing	Sedating	CYP-450 inhibitor (1A2, 3A4, 2C9, 2C10) = many drug-drug interactions

*Based on a network meta-analysis (Cipriani 2018). [Because I know you're curious, vortioxetine (Trintellix) is the other medication on both of these lists.]

**The half life of fluoxetine is about 5 days, and of the half-life of its active metabolite norfluoxetine is more than a week

References:

Cipriani, Andrea, et al. "Comparative efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder: a systematic review and network meta-analysis." *Focus* 16.4 (2018): 420-429.

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