

# A Patient-Centered Approach to Preventing, Detecting, and Managing Adverse Effects of Antidepressants

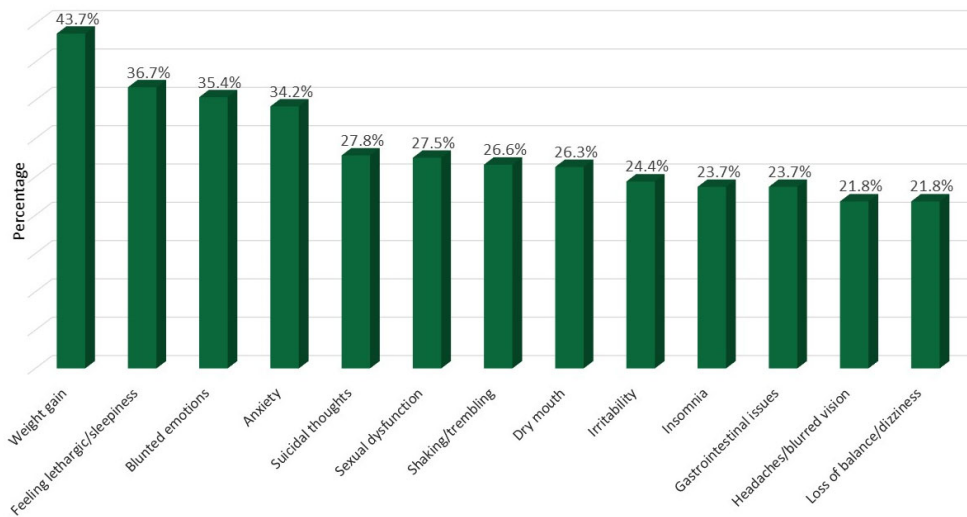
## Learning Objectives

- Evaluate patients being treated for MDD to identify common adverse effects such as sexual dysfunction, weight gain, and sleep disturbance
- Assess treatment strategies for a patient with MDD who is experiencing an adverse effect on their current MDD therapy

## Joint Providership

- This activity is jointly provided by Medical Education Resources and CMEology
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## Side Effects of Antidepressants Are Very Common



Common adverse events among patients who discontinue antidepressants (N=316)

1. Rosenblat JD, et al. *J Affect Disord.* 2019;243:116-120; 2. Alonso-Pedrero L, et al. *Obes Rev.* 2019;20(12):1680-1690; 3. Read J, et al. *Addict Behav.* 2019;88:82-85.

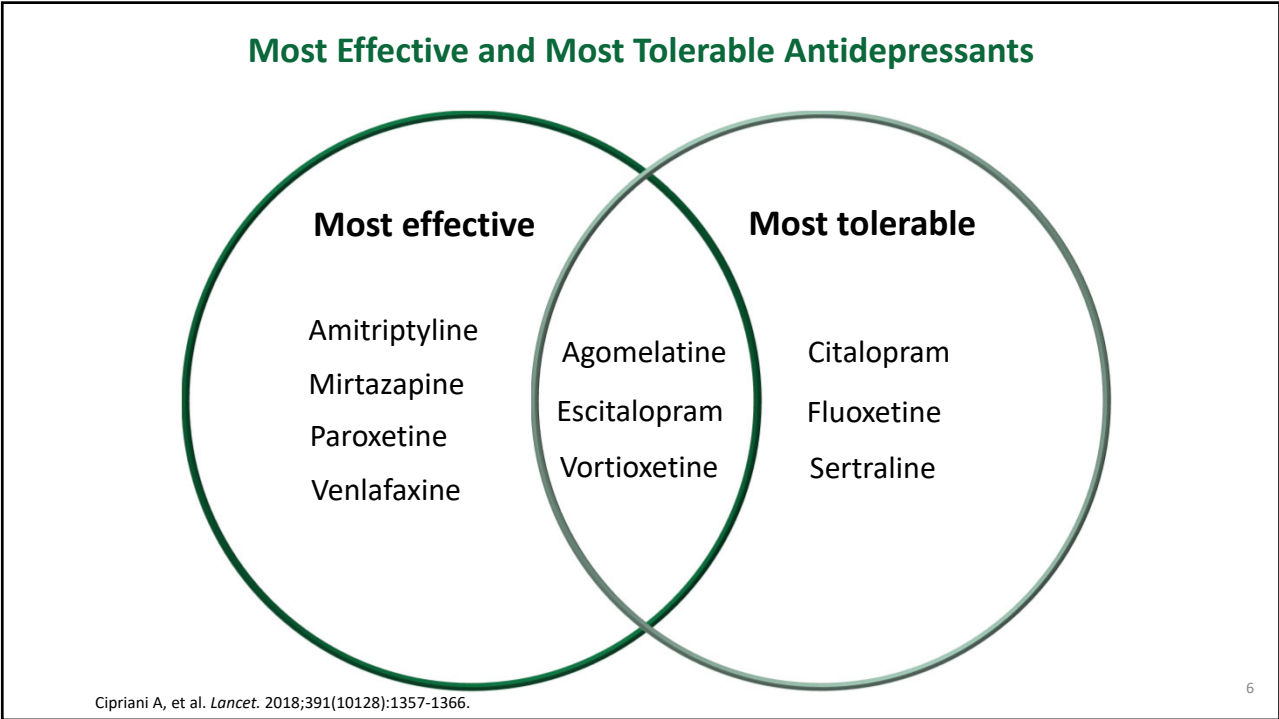
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## Antidepressants and sexual side effects

Improves sexual functioning	No significant effect on sexual functioning	Significant negative effect on sexual functioning	Inconclusive data
Bupropion	Desvenlafaxine Trazodone Vilazodone Vortioxetine	Citalopram Clomipramine Escitalopram Fluoxetine Imipramine Paroxetine Phenelzine Sertraline Venlafaxine	Duloxetine Levomilnacipran Mirtazapine

Chokka PR and Hankey JR. *Ther Adv Psychopharmacol.* 2018;8(1):13-23.

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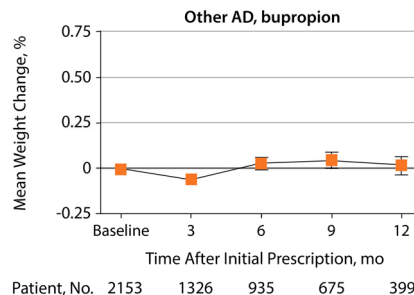
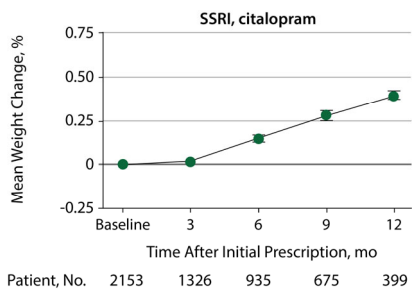
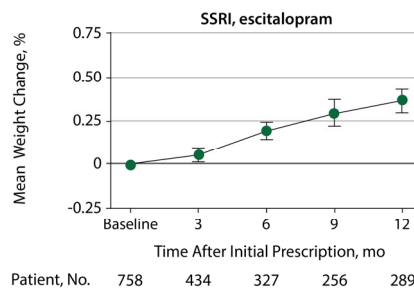
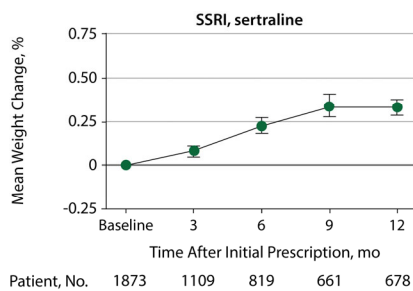
## Comparative Tolerability in Older Adults (≥65 years of age)

Frequency of Adverse Events	
Similar to Placebo	Greater than placebo
SSRIs (eg, escitalopram, fluoxetine, sertraline)	SNRIs (eg, duloxetine, venlafaxine)
Vortioxetine	
Bupropion	

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### Bupropion vs other SSRIs



1. Alonso-Pedrero L, *Obes Rev.* 2019;20(12):1680-1690; 2. Blumenthal SR, et al. *JAMA Psychiatry.* 2014;71(8):889-896.

## Modified SSRIs

Antidepressant	Mean (SD) Weight Change in Long-Term Studies
Vilazodone	+1.7 kg (5.9) in a 1-year extension study
Vortioxetine	+0.8 kg and 0.5 kg for the 5-10 mg/day and 15-20 mg/day-doses, respectively, in 5 extension studies with a mean exposure of 52 weeks

1. Robinson DS, et al. *J Clin Psychopharmacol.* 2011;31(5):643-646; 2. Baldwin DS, et al. *J Psychopharmacol.* 2016;30(3):242-252.

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## Summary: Three Important Points

1. Side effects have a huge effect on patients' quality of life—and thus whether they will continue taking their antidepressant.
2. The side effect profiles of antidepressants vary in important ways, so it is crucial to become familiar with them. It's especially important to have a plan for some of the most common and problematic side effects, such as weight gain and sexual side effects.
3. Discussing side effects with patients is critical and should be done at every visit. Clinicians should initiate these conversations, as patients may be too embarrassed to bring up troubling side effects such as sexual dysfunction or weight gain.