

Anxiety and Depression Medication Flow Chart

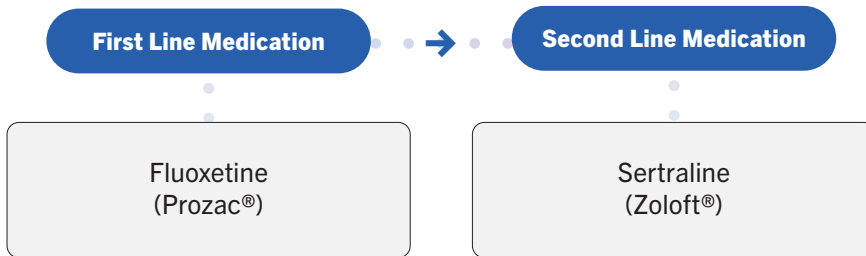
for Children ≥ 6 Years Old

- ! Start at minimum dose and titrate up every three to four weeks until you reach the average effective dose.
- ! Assess response to SSRI in two to three weeks.
- ! On average, a higher dose is needed to effectively treat anxiety than is required for depression.

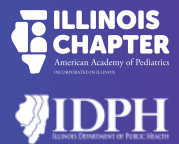
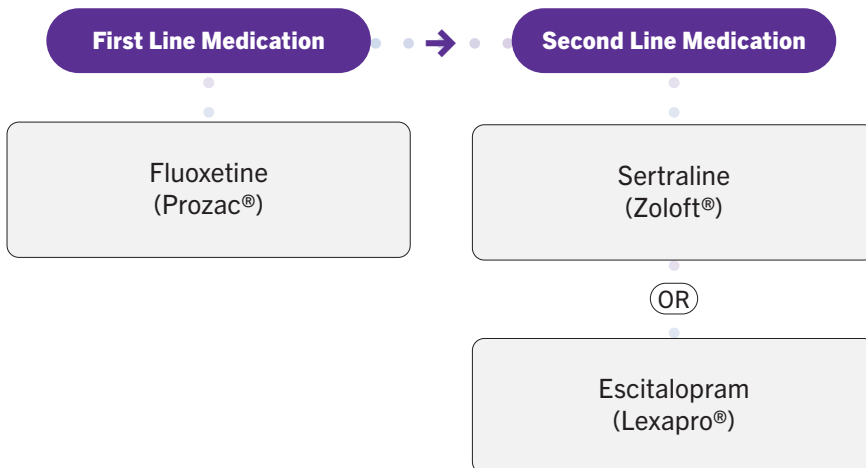
Screening Tools

- Depression: PHQ-9A and Columbia Suicide Severity Rating or Ask Suicide Screening
- Anxiety: SCARED-C/SCARED-P or GAD-7

Anxiety Disorders



Depression



Scan the QR code or click the following links for additional information:

- [KER Unit Depression Medication Choice Tool](#)
- [Medicaid Preferred Drug List](#)

ILDocAssist is always available for any questions or concerns.
 Visit illinoisdocassist.uic.edu or call (866) 986-2778

Drug Name
& Class

Starting
Dose Daily

Average
Effective Dose

Max
Dose Daily

Formulations

Clinical Pearls

First Line for Anxiety

Fluoxetine
(Prozac®)

5-10 mg

20-40 mg

60 mg

Tablet, capsule,
or liquid.

Good with adherence issues
due to half-life. Slow onset.

Second Line for Anxiety

Sertraline
(Zoloft®)

12.5-25 mg

50-100 mg

200 mg

Tablet or liquid.

Fewer interactions.
CYP450 and CYP2D6.

First Line for Depression

Fluoxetine
(Prozac®)

5-10 mg

20-40 mg

60 mg

Tablet, capsule,
or liquid.

Good with adherence issues
due to half-life. Slow onset.

Second Line for Depression

Sertraline
(Zoloft®)

12.5-25 mg

50-100 mg

200 mg

Tablet or liquid.

Fewer interactions.
CYP450 and CYP2D6.

Escitalopram
(Lexapro®)

2.5 mg

10-20 mg

20 mg

Tablet or liquid.

Can be sedating. Mild
QTc prolong. CYP450 and
CYP2D6.