

# ANTIPSYCHOTICS

## NAMES

Generic	Brand	Dosage Range <sup>1</sup>	Sedation	Ortho <sup>2</sup>	EPS <sup>3</sup>	Weight <sup>4</sup> Gain	Metabolic Side Effects <sup>5</sup>	Equivalence <sup>6</sup>
<b>LOW POTENCY</b>								
chlorpromazine	Thorazine	50-800 mg	high	high	++	+++++	+++++	100 mg
clozapine	Clozaril	300-900 mg	high	high	0	+++++	+++++	50 mg
quetiapine	Seroquel	150-600 mg	mid	mid	+/0	+++	++++	50 mg
<b>HIGH POTENCY</b>								
perphenazine	Trilafon	8-60 mg	mid	mid	+++++	0/+	0/+	10 mg
haloperidol	Haldol	2-40 mg	low	low	+++++	0/+	++	2 mg
pimozide	Orap	1-10 mg	low	low	+++++	+/0	++	1-2 mg
risperidone	Risperdal	4-6 mg	low	mid	+	++	0/+	1-2 mg
paliperidone	Invega	3-12 mg	low	mid	+	++	0/+	1-2 mg
olanzapine	Zyprexa	5-20 mg	mid	low	+/0	+++++	+++++	1-2 mg
ziprasidone	Geodon	60-160 mg	low	mid	+/0	0/+	0/+	10 mg
iloperidone	Fanapt	12-24 mg	mid	mid	+	++	0/+	1-2 mg
asenapine	Saphris	10-20 mg	low	low	+	++	0/+	1-2 mg
lurasidone	Latuda	40-80 mg	mid	mid	+	0/+	0/+	10 mg
aripiprazole	Abilify	15-30 mg	low	low	++	0/+	0/+	2 mg
brexiprazole	Rexulti	1-4 mg	low	low	+	0/+	0/+	1 mg
cariprazine	Vraylar	1.5-6 mg	low	low	+	+/0	0/+	1 mg
olanzapine + samidorphan	Lybalvi	5/10 - 20/10 mg	mid	low	+/0	+++	+++	1-2 mg
lumateperone	Caplyta	42 mg <sup>7</sup>	mid	mid	+/0	+/0	0/+	10 mg

<sup>1</sup>Usual daily oral dosage.

<sup>2</sup>Orthostatic Hypotension, Dizziness and falls.

<sup>3</sup>Acute: Parkinson's, dystonias, akathisia. Does not reflect risk for tardive dyskinesia. All neuroleptics may cause tardive dyskinesia, except clozapine.

<sup>4</sup>Monitor BMI.

<sup>5</sup>Must monitor for blood lipids, fasting glucose, baseline at 12 weeks, and then atleast annually.

<sup>6</sup>Dose required to achieve efficacy of 100 mg chlorpromazine.

<sup>7</sup>May need to be lowered in individuals taking a moderate-strong CYP3A4 inhibitor or in those with liver impairment.

Note: In recent times a number of second generation antipsychotics have been developed in injectable form for acute treatment and longer term prophylaxis. These are not mentioned in this quick reference. Many antipsychotic medications are approved for the treatment of various phases of bipolar disorder.

# ANTI-ANXIETY

## NAMES

Generic	Brand	Single Dose Dosage Range	Equivalence <sup>1</sup>
<b>BENZODIAZEPINES</b>			
diazepam	Valium	2-10 mg	5 mg
chlordiazepoxide	Librium	10-50 mg	25 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
<b>OTHER ANTIANXIETY AGENTS</b>			
buspirone	BuSpar	5-30 mg	
gabapentin	Neurontin	200-600 mg	
hydroxyzine	Atarax, Vistaril	10-50 mg	
propranolol	Inderal	10-80 mg	
atenolol	Tenormin	25-100 mg	
guanfacine	Tenex, Intuniv	0.5-3 mg	
clonidine	Catapres, Kapvay	0.1-0.3 mg	
pregabalin	Lyrica	25-450 mg	
prazosin <sup>2</sup>	Minipress	5-20 mg	
<b>ANTI-OBSSSIONALS</b>			
Clomipramine	Anafranil	150-300 mg	
<b>All SSRIs</b>			

<sup>1</sup>Doses required to achieve efficacy of 5 mg of diazepam

<sup>2</sup>For treatment of nightmares and day time anxiety

# HYPNOTICS

## NAMES

Generic	Brand	Single Dose Dosage Range
temazepam	Restoril	15-30 mg
zolpidem	Ambien	5-10 mg
zolpidem	Ambien CR	6.25-12.5 mg
zolpidem	Intermezzo	1.75 mg
zaleplon	Sonata	5-10 mg
eszopiclone	Lunesta	1-3 mg
ramelteon	Rozerem	4-16 mg
diphenhydramine	Benadryl	25-100 mg
doxepin	Silenor	3-6 mg
suvorexant	Belsomra	15-40 mg
daridorexant	Quvivyq	25-50 mg

# OVER THE COUNTER

Name	Daily Dose
St. John's Wort <sup>1,2</sup>	600-1800 mg
SAM-e <sup>3</sup>	400-1600 mg
Omega-3 <sup>4</sup> -EPA	1-2 g
Folic Acid <sup>3</sup>	400-800 mcg
L-methylfolate <sup>3,8</sup>	7.5-15 mg
N-acetylcysteine <sup>5</sup>	1200-2400 mg
Chamomile <sup>6</sup>	200-1500 mg
5-HTP <sup>3</sup>	300-600 mg
Melatonin <sup>7</sup>	0.5-5 mg
Magnesium L-Threonate <sup>7</sup>	500-2000 mg

<sup>1</sup>Treats depression and anxiety

<sup>2</sup>May cause significant drug-drug interactions

<sup>3</sup>Treats depression

<sup>4</sup>Treats depression and bipolar disorder

<sup>5</sup>Treats depression and bipolar disorder

<sup>6</sup>Note: also available as Deplin 1-methylfolate (prescription) 7.5-15 mg

<sup>7</sup>For trichotillomania

<sup>8</sup>Treats anxiety

<sup>9</sup>Treats sleep

# REFERENCES and RECOMMENDED BOOKS

Quick Reference & Bipolar Medications • Free Books • Free Downloads

Website: [www.PsyD-fx.com](http://www.PsyD-fx.com)

*Handbook of Clinical Psychopharmacology For Therapists*  
(2021) Preston, O'Neal, Talaga and Moore

*Clinical Psychopharmacology Made Ridiculously Simple 9th Edition*  
(2021) Preston, Moore and Johnson

*Bipolar Medications A Concise Guide*  
(2019) Preston: Free Download