

Possible Adverse Effects & Withdrawal Reactions to Prescribed Psychiatric Drugs

Drug Type	Possible Adverse Effects	Possible Withdrawal Reactions
Anti-depressants Eg: Fluoxetine Paroxetine	<ul style="list-style-type: none"> • Sedative • Nausea, drowsiness, insomnia • Sexual dysfunction • Anxiety & agitation • Emotional blunting • Suicidality 	<ul style="list-style-type: none"> • Anxiety • Nausea, dizziness, insomnia • Mood changes • Hallucinations • Vivid dreams • Confusion
Benzodiazepines & Z-drugs Eg: Temazepam Diazepam Pregabalin Gabapentin Zopiclone	<ul style="list-style-type: none"> • Sedative • Significant risk of dependence • Drowsiness & impaired cognitive ability 	<ul style="list-style-type: none"> • Sweating, nausea, dizziness, abdominal cramps • Anxiety, agitation, insomnia, muscle stiffness • Tingling, electric shock type feelings. Risk of epilepsy • Panic attacks, poor memory • Hallucinations, delusions • Nightmares
Stimulants Eg: Ritalin	<ul style="list-style-type: none"> • Insomnia • Growth suppression in children 	<ul style="list-style-type: none"> • Rebound effects including: • Tearfulness, irritability, rapid & exaggerated mood changes
Mood Stabilisers Eg: Lithium Tegretol	<ul style="list-style-type: none"> • Sedative • Drowsiness, tremor, lethargy, decreased ability to learn new information, prolonged reaction time, poor memory, reduced spontaneity • Weight gain • Reduced emotional responses • Toxic state: levels have to be regularly monitored 	<ul style="list-style-type: none"> • No physical withdrawal effects • Relapse or rebound of mania
Anti-psychotics Eg: Chlorpromazine Haloperidol Olanzapine Risperidone	<ul style="list-style-type: none"> • Sedative • Dampened emotional responses & motivation • Dizziness, sexual dysfunction, weight gain • Cardiovascular effects • Akathisia and extra-pyramidal effects • Tardive dyskinesia • Anticholinergic effects: dry mouth, blurred vision, constipation • Restlessness • Suicidality 	<ul style="list-style-type: none"> • Nausea, headache, tremor • Sleep disturbance, irritability, aggression, depression. • Possibility of super-sensitivity, psychosis, particularly when withdrawing from clozapine. • Rebound psychosis