

Table 5. Main antidepressants available in Spain.

Drug	Classification	Average Daily dose	Frequency	Particulars
Amitriptyline	TCA	50-200 mg	Two or three times/day	More dropouts due to adverse effects than SSRIs.
Clomipramine	TCA	100-150 mg	Several times per day	
Imipramine	TCA	50-200 mg	Several times per day	
Nortriptyline	TCA	75-100 mg. Up to 150 mg in hospitalised patients	Several times per day	
Maprotiline	Related to TCA	25-150 mg	One or several times per day	Blurry vision and drowsiness
Trazodone	Related to TCA	150-400 mg and up to 600 mg for hospitalised patients	Several times per day	More sedation, postural hypotension and nausea
Mianserin	Related to TCA	30-200 mg	One or several times per day	More drowsiness than other TCAs. Useful in combined treatments.
Citalopram	SSRI	20-60 mg	Once per day	Nausea, dry mouth, sweating and tremors. Fewer dropouts.
Escitalopram	SSRI	10-20 mg	Once per day	
Fluoxetine	SSRI	20 mg - 60 mg 90 mg (weekly)	Every 12-24 hours or once per week	More sweating, nausea and weight loss.
Fluvoxamine	SSRI	100-300 mg	One or several times per day	Nausea, nervousness and sweating.
Paroxetine	SSRI	20-50 mg	Once per day	Weight increase, major sexual dysfunction and discontinuation syndrome.
Sertraline	SSRI	50-200 mg	Once per day	More diarrhoea than the rest of the group.
Bupropion	NDRI, others	150-300 mg	Once per day	Fewer problems of erectile dysfunction and less weight loss.
Duloxetine	SNRI	60 mg	Once per day	No relapse prevention studies (6 months).
Mirtazapine	SNRI, others	15-45 mg	Once per day	Faster response, more weight gain.
Reboxetine	NARI	8-12 mg	Several times per day	Vegetative symptoms. Tachycardia and mild hypotension related to the dose.
Venlafaxine	SNRI	75-325 mg 75-225 mg (delayed)	Several times per day or every 24 hours (delayed)	Potentially more serious side effects. Requires close cardiovascular monitoring.

Source: own preparation. TCA: tricyclic antidepressants; SSRI: selective serotonin reuptake inhibitors; NARI: selective noradrenaline reuptake inhibitors; SNRI: serotonin and norepinephrine reuptake inhibitors; NDRI: Norepinephrine and dopamine reuptake inhibitors.