

# Management of the antidepressant withdrawal syndrome


- We used brain imaging of antidepressant action to develop rational tapering guidance for antidepressants
- Citalopram's effect on the serotonin transporter, its major target

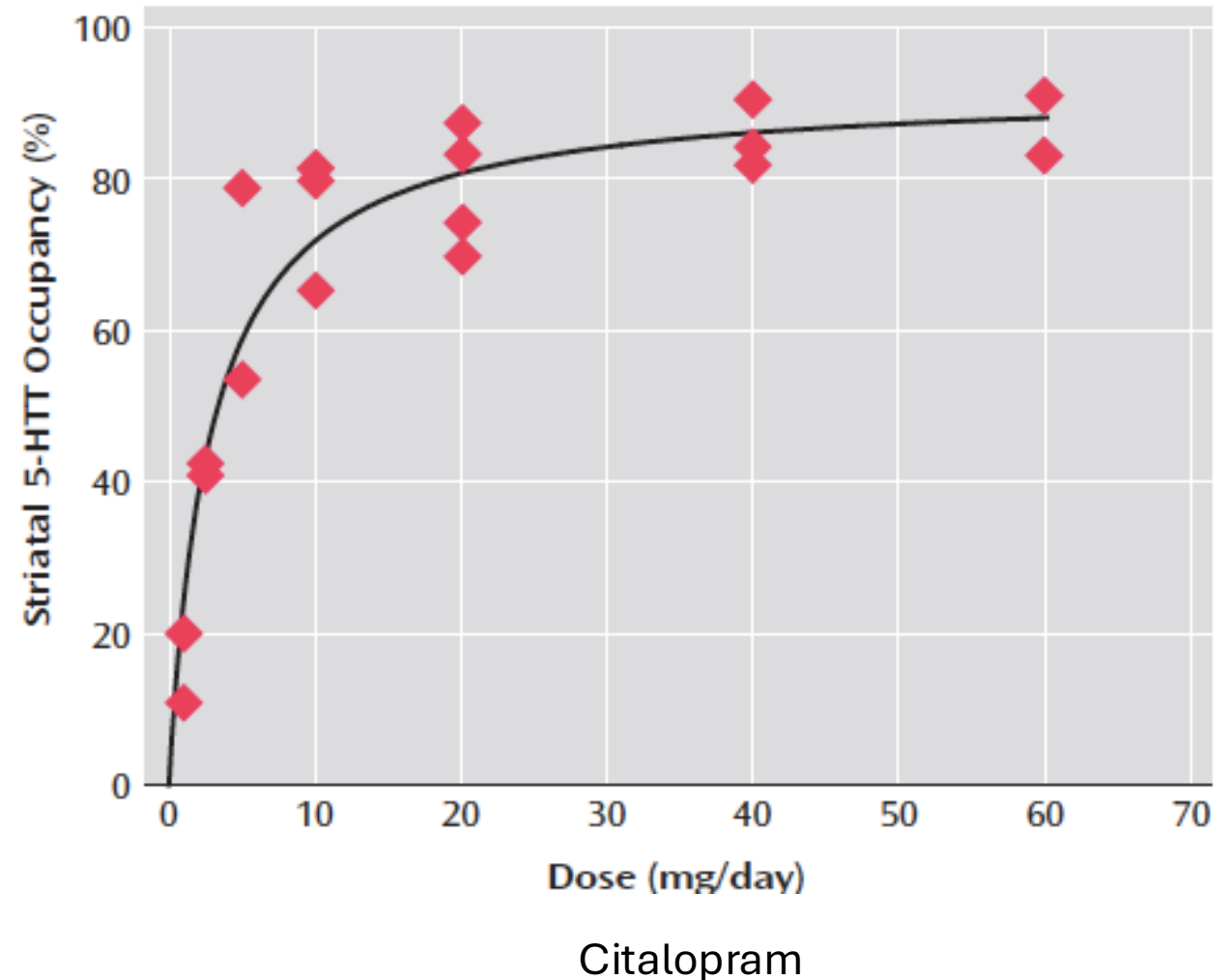
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## Tapering of SSRI treatment to mitigate withdrawal symptoms

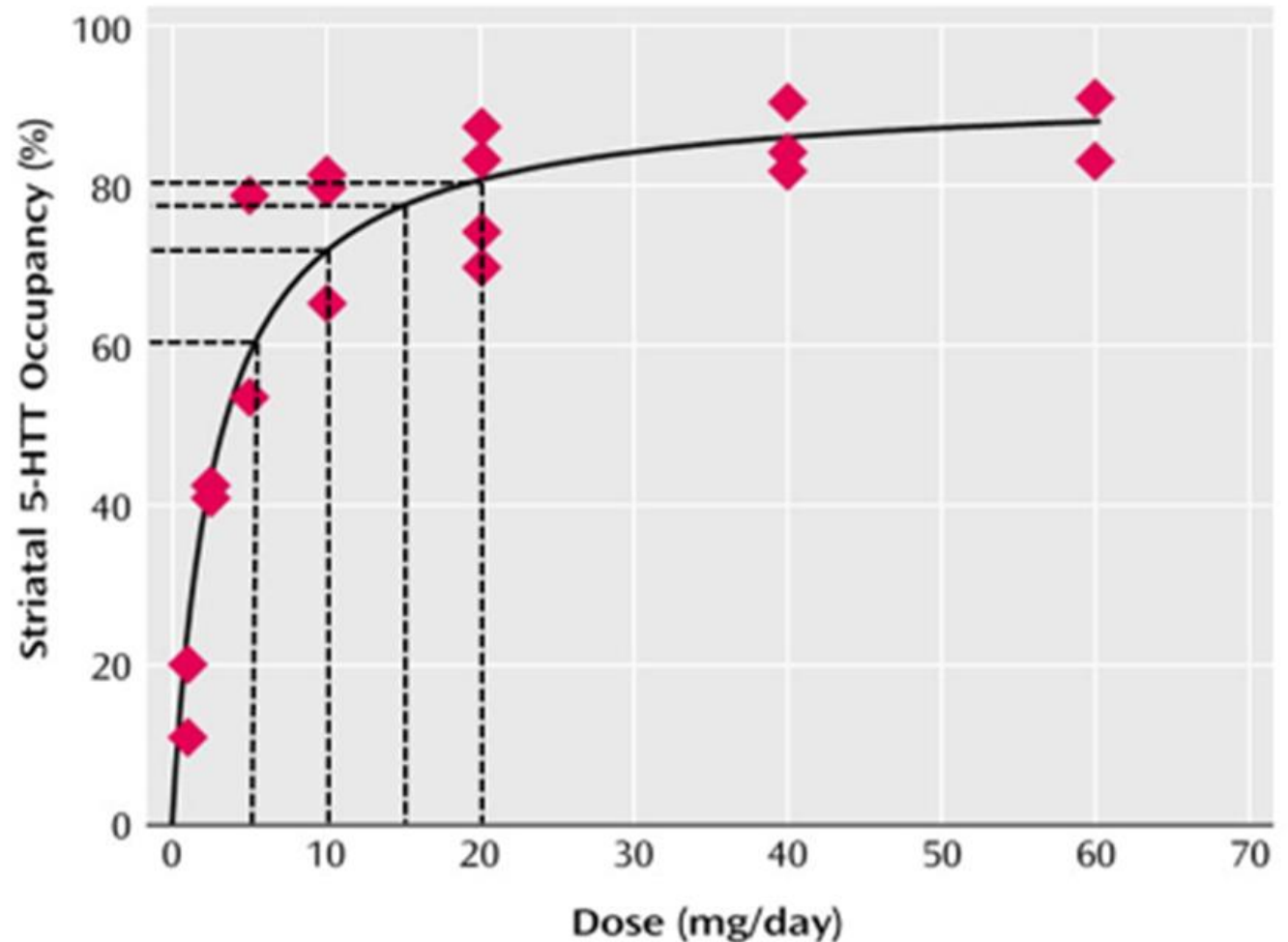
Mark Abie Horowitz, PhD   Prof David Taylor, PhD

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# What happens when you taper linearly?

- Citalopram linear taper
- 20mg to 15mg -> 3% change
- 15mg to 10mg -> 6% change
- 10mg to 5mg -> 13% change
- 5mg to 0mg -> 58% change
- 5mg → 0mg causes 20x the reduction in effect compared with 20mg → 15mg
- This correspond to the increasingly severe withdrawal symptoms reported by patients as dose gets lower



Citalopram

# What happens when you taper by fix amounts of effect on the brain? Hyperbolic dose decrease

- Tapering according to equal change in effects at the serotonin transporter
- Yields hyperbolically reducing regimen
- Final dose before stopping will need to be very small

