Statistics & Trends in Psychiatric Medications

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Quotes

• “I told my psychiatrist that everyone hates me. He said I was being ridiculous- everyone hasn’t met me yet.”
  - Rodney Dangerfield

• “The art of medicine consists of amusing the patient while nature cures the disease.”
  - Voltaire

Goals of the Training

• Identify major types of psychiatric medication
• Identify common benefits and risks
• Address medication differences between adults and children
• Current trends and statistics
• Alternatives to medications
You will not…

• Be forced to role play

• Be put on the spot

• Be asked to get up and move around

Please…

• Feel free to share and communicate

• Stop me and ask questions any time

• Go to the bathroom, or take whatever break you need.

• Be open-minded

Who Am I??
Please Note:

- The information in this presentation is not intended to provide specific medical advice or treatment recommendations. For a comprehensive list of mental health medication classes, indications and potential side effects please refer to a resource such as:
  - The Food and Drug Administration Drug Database
    http://www.accessdata.fda.gov/scripts/cder/db/docs/queryai.cfm
  - The National Library of Medicine
    http://www.nlm.nih.gov/medlineplus/

Classes of Psychiatric Medication

Antipsychotics

- Treat schizophrenia and other psychotic disorders
  - 1st generation (typical): from the 1950's
  - 2nd generation (atypical): starting in the 1990's
- Can also treat symptoms of Bipolar and Tourette's Syndrome
- Sometimes injected to ensure compliance
Antipsychotics

<table>
<thead>
<tr>
<th>Antipsychotics</th>
<th>Atypicals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorpromazine (Thorazine)</td>
<td>Risperidone (Risperdal)</td>
</tr>
<tr>
<td>Haloperidol (Haldol)</td>
<td>Olanzapine (Zyprexa)</td>
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<td></td>
<td>Quetiapine (Seroquel)</td>
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<td>Ziprasidone (Geodon)</td>
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<td>Aripiprazole (Abilify)</td>
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Antidepressants

- Treat depressive symptoms, as well as anxiety symptoms
  - SSRI’s (Selective Serotonin Reuptake Inhibitor)
  - SNRI’s (Serotonin–Norepinephrine Reuptake Inhibitors)
Mood Stabilizers

- Treat bipolar disorder
- Sometimes prescribed in combination with antidepressants or antipsychotics

Mood Stabilizers

Lithium (Cibalith, Eskalith)
Lamotrigine (Lamictal)
Valproate Sodium (Depacon)

Antianxiety (Anxiolytics)

- Reduce anxiety symptoms
- Common types:
  Clonazepam (Klonopin)
  Lorazepam (Ativan)
  Alprazolam (Xanax)
Stimulants and Non-stimulants

- ADHD medications
- Common types:
  - Atomoxetine (Strattera)
  - Lisdexamfetamine dimesylate (Vyvanse)
  - Methylphenidate (Ritalin, Concerta)
  - Amphetamine (Adderall)
  - Dextroamphetamine (Dexedrine, Dextrostat)

Depressants (sleep medications)

- Help induce restful sleep
- Very dangerous to take in combination with alcohol
- Therapists should watch out for signs of dependence/abuse

Depressants (sleep medications)

- Common types:
  - Quazepam (Doral)
  - Zolpidem (Ambien)
  - Eszopiclone (Lunesta)
### Factors that Influence Effectiveness

<table>
<thead>
<tr>
<th>Type of disorder</th>
<th>Diet and Lifestyle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Genetic Makeup</td>
</tr>
<tr>
<td>Gender</td>
<td>Interactions with other medications or supplements</td>
</tr>
<tr>
<td>Body Composition</td>
<td></td>
</tr>
<tr>
<td>Health Status</td>
<td>Compliance</td>
</tr>
</tbody>
</table>

### Statistics

- **Agency for Healthcare Research Quality (AHRQ)**
  - 40.6 million Americans used some type of psychiatric medication
  - Increase of 14.3 million since 1997


- According to a recent study published in the Archives of General Psychiatry, there are now an estimated **27 million Americans who take antidepressants**, more than double the number who did in the mid-1990s.

  (Morgan, U.S. Family doctors prescribe the most mental health drugs, 2009)
Accessibility

- Many people lack access due to:
  - Lack of insurance
  - Cost of medications
  - Uninsured and immigrant populations
  - Any other reasons?

Medication Abuse

- Commonly abused meds:
  - Pain relievers
  - Stimulants
  - Tranquilizers (valium/xanax)
  - Sedatives
What's the Problem Here?

![Bar chart](chart.png)

Benefits of Psych Meds

- Reduce negative symptoms
- Improve rational thinking
- Increase focus and attention
- Improve sleeping habits
- Increase energy

Benefits

- **Antidepressants** can help to increase energy, improve concentration and treat sleep disturbances, allowing the patient to function better and enjoy a better overall outlook.
- **Depressants** allow a patient to re-establish proper sleep-wake cycles, which enhances the body's healing mechanisms.
Benefits (cont’d)

- **Stimulant** medications allow individuals with ADHD to feel “normal” as they function in their day-to-day life by lessening the symptoms of poor focus and impulse control that inhibit their activities and relationships.

- **Antipsychotics** are evidence-based therapy for schizophrenia. Newer antipsychotics like Risperdal and Abilify provide a mood stabilizing effect that can be helpful in treating bipolar disorder.

Potential Risks

- Multiple physical conditions or side effects (i.e. weight change, skin conditions, swelling)
- Sleep disturbance
- Irritability
- Suicidal thinking
- Misuse/Abuse
- Addiction
- Dependence
- Withdrawals

Potential Risks

- Long-term use of **anti-psychotics** can cause tardive dyskinesia (TD), a condition that involves involuntary muscle movements.
- **Depressants and sleep medications** are highly addictive and at high doses can lead to severe respiratory depression.
- Divalproex sodium is a **Mood Stabilizer** that can cause serious side effects including liver, pancreatic damage or Polycystic ovarian syndrome
- 1 in 1,000 people who take **stimulants** to treat ADHD develop medication-related psychiatric problems, such as visual and auditory hallucinations, irrational fears and manic episodes.
Cost

- In 2004, Texas spent $29.9 million on psychotropic meds
- Since 2001, the total spent on psych meds by insurance companies has continued to decrease due to the development of generic medications

[Table showing cost analysis]

What's causing the decrease?

[Graph showing growth in average annual spending for all psychiatric drugs, 1999-2009]

* Source: MarketScan Commercial Claims and Encounters Database of claims records of privately insured individuals.
Projected Cost

• Worldwide, the sale of antidepressants reached its peak in 2003 at $15 billion, but sales are predicted to fall to just $5.4 billion by 2018. Antipsychotics reached a record of $21 billion in 2011 and are similarly forecasted to drop to $9.8 billion within the next 5 years, according to consensus analyst forecasts compiled by Thomson Reuters Pharma.

Medications for Children

• Atypical Antipsychotics
  • Risperidone is the only one cleared for children under age 10.
  • Physicians are also allowed to use Antipsychotics at their own discretion for other diagnosis such as ADHD, aggression, and behavior problems.

Source: http://www.youtube.com/watch?v=KqsZAS3C6as
Medications for Children

• From 2007-2009:
  • 75% of all psychotropic meds used to treat ADHD

• From 2002-2010:
  • Increase of 46% in the use of ADHD medications

The Future

• Research and trials continue
  • The common goal for mental health researchers and allied professionals is to identify more effective and better tolerated treatments as comprehensive care for people who suffer from major depressive and anxiety disorders.
  • (Chang & Fava, 2010)

Alternatives
Comprehensive Approach

- Using medications in combination with other forms of treatment.

Counseling

Biofeedback
Natural Medications

- Example: Omega-3

Lifestyle

References

### Psychiatric Drug Classifications

**Antianxiety**
- **Clonazepam (Klonopin)**
- **Lorazepam (Ativan)**
- **Alprazolam (Xanax)**
  - Used to Treat: Generalized Anxiety Disorder, PTSD, Social Phobias
  - Common Side Effects: Addiction/Dependence, Blurred Vision, Nightmares

**Antidepressants**
- **Fluoxetine (Prozac)**
- **Citalopram (Celexa)**
- **Sertraline (Zoloft)**
- **Paroxetine (Paxil)**
- **Escitalopram (Lexapro)**
- **Venlafaxine (Effexor)**
- **Duloxetine (Cymbalta)**
- **Bupropion (Wellbutrin)**
  - Used to Treat: Depression, Generalized Anxiety Disorder, Obsessive-compulsive disorder, Social phobia
  - Common Side Effects: Suicidal thoughts, Sleeplessness or drowsiness, Agitation, Sexual dysfunction, Dizziness, Headaches, Nausea, Nervousness, Fatigue

**Antipsychotics**
- **Chlorpromazine (Thorazine)**
- **Haloperidol (Haldol)**
  - Used to Treat: Bipolar disorder, Schizophrenia, Tourette’s syndrome
  - Common Side Effects: Rigidity (muscular tension), Tardive Dyskinesia (uncontrollable movements), Diabetes, High cholesterol, Weight gain, Neuroleptic malignant syndrome **life-threatening neurological disorder most often caused by an adverse reaction to antipsychotic drugs**

**Atypical**
- **Risperidone (Risperdal)**
- **Olanzapine (Zyprexa)**
- **Quetiapine (Seroquel)**
- **Ziprasidone (Geodon)**
- **Aripiprazole (Abilify)**

**Depressants/Hypnotics**
- **Quazepam (Doral)**
- **Zolpidem (Ambien)**
- **Eszopiclone (Lunesta)**
  - Used to Treat: Insomnia, Anxiety
  - Common Side Effects: Dependence, Sleep walking, Hangover feeling, Lethargy

**Stimulants**
- **Atomoxetine (Strattera)**
- **Lisdexamfetamine dimesylate (Vyvanse)**
- **Methylphenidate (Ritalin, Concerta)**
- **Amphetamine (Adderall)**
- **Dextroamphetamine (Dexedrine, Dextrostat)**
  - Used to Treat: Attention Deficit Hyperactivity Disorder (ADHD)
  - Common Side Effects: Decreased appetite, Tics, Psychosis, Headache, Stomach Ache, Blood Disorders, Seizures, High Blood Pressure

**Mood Stabilizers**
- **Lithium (Cibalith, Eskalith)**
- **Lamotrigine (Lamictal)**
- **Valproate Sodium (Depacon)**
  - Used to Treat: Bipolar Disorder
  - Common Side Effects: Coma, Blurred Vision, Increased thirst/urination, Pancreatitis

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