

Appendix 1

DAILY CHECKLIST OF ANTIDEPRESSANT WITHDRAWAL SYMPTOMS

The 5-Step Antidepressant Tapering Program

Name: _____ Antidepressant: _____

Day: _____ (1, 2, 3, etc. since last dosage reduction) Date: _____ Day of week: _____

Dose prior to this reduction: _____ mg/day New dose: _____ mg/day

PSYCHIATRIC SYMPTOMS	✓	MEDICAL SYMPTOMS	✓
<i>That Mimic Depression</i>		<i>That Mimic the Flu</i>	
1. Crying spells		29. Flu-like aches and pains	
2. Worsened mood		30. Fever	
3. Low energy (fatigue, lethargy, malaise)		31. Sweats	
4. Trouble concentrating		32. Chills	
5. Insomnia or trouble sleeping		33. Runny nose	
6. Change in appetite		34. Sore eyes	
7. Suicidal thoughts			
8. Suicide attempts		<i>That Mimic Gastroenteritis</i>	
		35. Nausea	
<i>That Mimic Anxiety Disorders</i>		36. Vomiting	
9. Anxious, nervous, tense		37. Diarrhea	
10. Panic attacks (racing heart, breathless)		38. Abdominal pain or cramps	
11. Chest pain		39. Stomach bloating	
12. Trembling, jittery, or shaking			
		<i>Dizziness</i>	
<i>Irritability and Aggression</i>		40. Disequilibrium	
13. Irritability		41. Spinning, swaying, lightheaded	
14. Agitation (restlessness, hyperactivity)		42. Hung over or waterlogged feeling	
15. Impulsivity		43. Unsteady gait, poor coordination	
16. Aggressiveness		44. Motion sickness	
17. Self-harm			
18. Homicidal thoughts or urges		<i>Headache</i>	
		45. Headache	
<i>Confusion and Memory Problems</i>			
19. Confusion or cognitive difficulties		<i>Tremor</i>	
20. Memory problems or forgetfulness		46. Tremor	
<i>Mood Swings</i>		<i>Sensory Abnormalities</i>	
21. Elevated mood (feeling high)		47. Numbness, burning, or tingling	
22. Mood swings		48. Electric zap-like sensations in the brain	
23. Manic-like reactions		49. Electric shock-like sensations in the body	
		50. Abnormal visual sensations	
<i>Hallucinations</i>		51. Ringing or other noises in the ears	
24. Auditory hallucinations		52. Abnormal smells or tastes	
25. Visual hallucinations			
		<i>Other</i>	
<i>Dissociation</i>		53. Drooling or excessive saliva	
26. Feeling detached or unreal		54. Slurred speech	
		55. Blurred vision	
<i>Other</i>		56. Muscle cramps, stiffness, twitches	
27. Excessive or intense dreaming		57. Feeling of restless legs	
28. Nightmares		58. Uncontrollable twitching of mouth	

Global assessment of severity of withdrawal symptoms for the day

	None	Mild			Moderate				Severe		
	0	1	2	3	4	5	6	7	8	9	10
✓											