Increasing Your Confidence in Treating Pediatric Depression and Anxiety

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Seattle Children’s Hospital
## Disclosure of Potential Conflicts

<table>
<thead>
<tr>
<th>Source</th>
<th>Disclosure</th>
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<tbody>
<tr>
<td>Research Funding</td>
<td>Supernus Pharmaceuticals</td>
</tr>
<tr>
<td>Books, Intellectual Property</td>
<td>none</td>
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<tr>
<td>Advisor/Consultant</td>
<td>none</td>
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<td>Speakers’ Bureau</td>
<td>Symposia Medicus</td>
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<tr>
<td>Employee</td>
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</tr>
<tr>
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<td>Symposia Medicus, Section of Community Pediatrics Calgary, Canada</td>
</tr>
<tr>
<td>Stock or Equity</td>
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</tr>
<tr>
<td>Honorarium or expenses for this presentation or meeting</td>
<td>none</td>
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Learning Objectives

• At the end of this presentation, learners will have increased knowledge and confidence to identify and treat pediatric depression.

• At the end of this presentation, learners will have increased knowledge and confidence to identify and treat pediatric anxiety.

• At the end of this presentation, learners will have increased knowledge and confidence to discuss the relative risks and benefits of medication treatment for anxiety and depression with youth and their caregivers.
Today’s agenda

- Depression assessment and treatment
- Anxiety assessment and treatment
- Other common concerns
- Other interventions and resources
- Case studies
Depression
Some statistics to consider

- Adolescent depression affects 12-25% of adolescents
- Onset prior to age 12 linked to poor functioning, suicide attempts, more lifetime depression, psychiatric comorbidity
- Generally associated with poor academic, social, and health outcomes; substance abuse, early pregnancy and parenthood, and increased healthcare costs
- Suicide is the 2nd leading cause of death for our youth ages 10-24
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED
- Despite these statistics, 80% of adolescents do not receive appropriate treatment

The Natural History of Depression

- 1580 high school students 14-18 yo
- Mean age of onset of first episode of MDD was 14.9
- MDE duration mean 26.4 weeks, median 8.0 weeks
  - Previous studies: Mean 32-36 weeks, median 16 weeks
- Relapse:
  - 5% within 6 months
  - 12% within a year
  - 33% within 4 years
  - Previous studies: 26% relapse in 1 year, 40% in 2 years

Lewinsohn et al. Major Depression in Community Adolescents: age at onset, episode duration, and time to recurrence. JAACAP 1994 33(6):809
Screening Tools for Depression

PHQ-9A (Adolescent)
- A Normed for ages 12-18
- Score of 11 has a sensitivity (89.5%) and specificity (77.5%)
  - similar to those in adults
- PHQ-9A scores reflect severity
  - Mild=5-10
  - Moderate=11-14
  - Moderately Severe=15-19
  - Severe>20

Short Mood and Feelings Questionnaire (SMFQ)
- Can be used in children ages 6-17
- Child and parent report in combination have the greatest efficiency in predicting depression severity
- Combined scores (parents+child)>10 concerning for depression
- Individually have concern if:
  - Child score>7
  - Parent score>4

The Treatment of Adolescents with Depression Study (TADS)

1. TADs Study Team. JAMA 2004;292(7), 807
2. March et al. Arch Gen Psych 2007; 64(10):1132

- **Design**
  - 439 12-17 y.o. with MDD
  - Fluoxetine, CBT, combo, or placebo
  - 12 weeks blinded, 24 weeks unblinded

- **Results**
  - Rates of response (12 weeks):
    - Combo 71.0% > fluoxetine 60.6% > CBT 43.2% > placebo 34.8%
  - Suicidal thinking in 29% at baseline, improved significantly in all 4 groups but **greatest** improvement in combo at 12 wks
  - Suicidal events by 36 weeks:
    - Fluoxetine 14.7% > combo 8.4% or CBT 6.3%
At one year follow-up benefits persisted

FIGURE 1. Depression Scores From Baseline to End of Naturalistic Follow-Up for 327 Adolescents With Major Depressive Disorder Treated With Fluoxetine, Cognitive-Behavioral Therapy (CBT), or a Combination

\[\text{Adjusted Predicted Mean Score on Children's Depression Rating Scale-Revised (intention-to-treat analyses)}^{a}\]

- Combination treatment
- Fluoxetine
- CBT

\[\text{Week of Study Treatment} \quad \text{Month of Naturalistic Follow-Up}\]

\[\text{Baseline} \quad 6 \quad 12 \quad 18 \quad 24 \quad 30 \quad 36 \quad 3 \quad 6 \quad 9 \quad 12\]

\[25 \quad 35 \quad 45 \quad 55 \quad 65\]

\[^{a}\text{Derived from the random coefficients regression model with adjustments for fixed and random effects.}\]
TADS - Conclusions

• Treatment of depression with fluoxetine alone or in combo with CBT accelerates response
• Adding CBT to meds enhances the safety of meds
• Therefore, combined treatment superior to monotherapy
Initial treatment of depression

- **Mild/uncomplicated/brief**
  - Psychoeducation
  - Supportive management - active listening and reflection, restoration of hope, problem solving, coping skills, and strategies for maintaining participation in treatment
  - Case management – environmental stressors in family and school

- **Moderate**
  - CBT (or IPT)
  - Consider SSRI – not responding, not ready for therapy

- **Severe/suicidal ideation**
  - CBT (or IPT) and SSRI

Which SSRI to start with?

- Fluoxetine – multiple positive RCTs, FDA approved 8 and up
  - Very little SI signal in controlled studies
  - Long half life means no withdrawal symptoms from missed doses
  - Covered by all plans, and available generic
  - Available in once a week dosing:
    - Start patient on short acting fluoxetine and stabilize at 20 mg dose
    - Then stop fluoxetine 20 mg/day and start fluoxetine 90 mg/week capsule 7 days after last 20 mg dose
  - Caution: Medication interactions possible due to metabolism at CYP450 2C19 and 2D6 (primary) substrates
Fluoxetine in the press 2016

August 2016 Lancet article by Cipriani et al. “Comparative efficacy and tolerability of antidepressants for major depressive disorder in children and adolescents: a network meta-analysis”.

- Meta-analysis of 34 RCT’s for the acute treatment of MDD, included 5260 patients
- For SSRI monotherapy for depression in adolescents, Fluoxetine is the only antidepressant with statistically significant change from placebo
- Take home: Fluoxetine should be first line treatment if choosing an SSRI for a depressed teen with moderate-to-severe depression without access to psychotherapy or who is not responding to therapy alone
Which SSRI to start with? (cont.)

- Sertraline* – 1 positive RCT
- Citalopram* – 1 positive RCT
  - Caution: QT prolongation, doses over 40 mg not recommended and caution advised with other QT prolonging medication or meds/conditions that would decrease citalopram metabolism
- Escitalopram – 1 mixed result RCT (only adolescent subset positive), FDA approved 12 and up

* Not FDA approved for depression treatment <18
Medicating Major Depression

- Start low, go slow
- Change one medicine at a time
- Use the full dose range, wait 3-6 weeks before each increase
Predictors of poor response to SSRIs with/without CBT

- Depression severity and chronicity
- Hopelessness
- Suicidal ideation
- Family conflict
- Functional impairment
- History of abuse
- Non-suicidal self injury (NSSI)
- Older age and lower family income (TADS study)
- Comorbidity (TADS)
Treatment of Resistant Depression in Adolescents (TORDIA)

• Design
  • 334 12-18 y.o. with MDD that had not responded to 2 mo on SSRI
  • Switch to: (1) 2^{nd} SSRI, (2) 2^{nd} SSRI and CBT, (3) venlafaxine, (4) venlafaxine and CBT
  • 12 weeks blind, 12 more open

• Results
  • Rates of response (12 weeks):
    • CBT plus either med 54.8%>med alone 40.5%
    • No difference in response between 2^{nd} SSRI and venlafaxine

• Adverse Effects
  • No differential treatment effects on SI
  • More AEs with venlafaxine
    • increase diastolic BP and pulse
    • skin problems
    • associated with a higher rate of self-harm adverse events in those with higher SI

1. Brent et al. JAMA 2008;299(8):901
TORDIA - Conclusions

• For adolescents with depression not responding to first SSRI:
  • Continued treatment results in remission in approximately 1/3 of patients
  • Eventual remission is evident within the first 6 weeks in many
    • Earlier intervention may be important
  • Switch to 2nd SSRI just as efficacious as a switch to venlafaxine
    • SSRI had fewer adverse effects
  • Combo of CBT + new med > new med alone
After two SSRIs don’t work - depression

- Venlafaxine*
  - Combo of 2 RCTs (2ndary analysis) showed positive effect for adolescents
- Cymbalta*
  - 1 open label safety study
- Bupropion*
  - Open label positive studies in adolescents
- Mirtazapine*
  - Open label positive study in adolescents
- Tricyclic antidepressants*
  - Serious side effects, fatal in overdose
  - Meta-analysis – not superior over placebo in kids
- Other augmenting agents*

*Not FDA approved for depression treatment <18

## Depression Medications

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dosage Form</th>
<th>Usual starting dose for adolescent</th>
<th>Increase increment (after ~4 weeks)</th>
<th>RCT evidence in kids</th>
<th>FDA depression approved for children?</th>
<th>Editorial Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluoxetine (Prozac)</td>
<td>10, 20, 40 mg 20mg/5ml</td>
<td>10 mg/day (60 max)*</td>
<td>10-20mg**</td>
<td>Yes</td>
<td>Yes (over age 8)</td>
<td>Long ½ life, no side effect from a missed dose</td>
</tr>
<tr>
<td>Citalopram (Celexa)</td>
<td>10, 20, 40 mg 10mg/5ml</td>
<td>10 mg/day (60 max)*</td>
<td>10-20mg**</td>
<td>Yes</td>
<td>No</td>
<td>Few drug interactions</td>
</tr>
<tr>
<td>Sertraline (Zoloft)</td>
<td>25, 50, 100mg 20mg/ml</td>
<td>25 mg/day (200 max)*</td>
<td>25-50mg**</td>
<td>Yes</td>
<td>No</td>
<td>May be prone to side effects when stopping</td>
</tr>
<tr>
<td>Escitalopram (Lexapro)</td>
<td>5, 10, 20mg 5mg/5ml</td>
<td>5 mg/day (20 max)*</td>
<td>5-10mg**</td>
<td>Yes</td>
<td>(for adolescents)</td>
<td>No generic form. Active isomer of citalopram</td>
</tr>
</tbody>
</table>

**Fluoxetine considered first line due to stronger evidence base in children**

**Citalopram (escitalopram) and Sertraline considered second line per the evidence base in children**

<table>
<thead>
<tr>
<th>Drug Name</th>
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<th>Usual starting dose for adolescent</th>
<th>Increase increment (after ~4 weeks)</th>
<th>RCT evidence in kids</th>
<th>FDA depression approved for children?</th>
<th>Editorial Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bupropion (Wellbutrin)</td>
<td>75, 100mg 100,150,200 mg SR forms</td>
<td>75 mg/day (later dose this BID) (400mg max)*</td>
<td>75-100mg**</td>
<td>No</td>
<td>No</td>
<td>Can have more agitation risk. Also has use for ADHD treatment.</td>
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<tr>
<td>Mirtazapine (Remeron)</td>
<td>15, 30, 45 mg</td>
<td>15 mg/day (45 max)*</td>
<td>15mg**</td>
<td>No</td>
<td>No</td>
<td>Sedating, increases appetite</td>
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<tr>
<td>Venlafaxine (Effexor)</td>
<td>25, 37.5, 50, 75, 100mg 37.5,75,150mg ER forms</td>
<td>37.5 mg/day (225 max)*</td>
<td>37.5 to 75mg**</td>
<td>No</td>
<td>(May have higher SI risk than others for children)</td>
<td>Only recommended for older adolescents. Withdrawal symptoms can be severe.</td>
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</tbody>
</table>

**Others above considered third line treatments per the evidence base in children**

- Starting doses in children less than 13 may need to be lowered using liquid forms
- Successful medication trials should continue for 6 to 12 months

* Recommend decrease maximum dosage by around 1/3 for pre-pubertal children
** Recommend using the lower dose increase increments for younger children.
Switching antidepressants

- Cross taper vs. switch over
- Potential concerns:
  - Discontinuation syndrome
  - Relapse of partially treated symptoms
  - Side effects to new medication
  - Medication interactions
    - Serotonin syndrome
    - P450 2D6
      - fluoxetine and paroxetine strongly inhibit it, most commonly used antidepressants are substrates
  - Time to get to therapeutic dose of new med
  - Complexity of instructions
## Approximate dose equivalents of antidepressants

<table>
<thead>
<tr>
<th>Antidepressant</th>
<th>Equivalent Dose</th>
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<tr>
<td>Fluoxetine</td>
<td>20 mg</td>
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<tr>
<td>Paroxetine</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sertraline</td>
<td>50-75 mg</td>
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<tr>
<td>Citalopram</td>
<td>20 mg</td>
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<tr>
<td>Escitalopram</td>
<td>10 mg</td>
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<tr>
<td>Fluvoxamine</td>
<td>100 mg</td>
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<tr>
<td>Venlafaxine</td>
<td>75 mg</td>
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</table>
Alternative Treatments

- **Exercise**
  - 2006 Cochrane review found 28 RCTs, 4 highest quality showed small benefit for adults with MDD
  - J Consult Clin Psychol 2010; 78: 268-272
    - Prospective longitudinal study on youth with MDD: increased physical activity in teens (11-15 y/o) decreased risk for subsequent MDD by 16% for each additional type of activity
  - Ment Health Phys Act 2009; 2: 76-85
    - 15 adolescents with history of MDD randomized to aerobic vs stretching for 12 weeks, 80% of those in exercise group responded by 12 weeks vs. 60% of stretchers

- **Bright light therapy**
  - Recent study in JAMA Psychiatry 2016;73(1):56-63
    - Bright light therapy effective in adults with non-seasonal MDD both as monotherapy and in combination with fluoxetine
    - 28 adolescents in RTC improved on BDI with light therapy compared to placebo

- **Omega-3 fatty acids**
  - RCT in Am J Psychiatry 2006; 163(6): 1098
    - 20 patients showed improvement with omega-3 monotherapy
Alternative Treatments Cont.

- St. John’s wort (hypericum) [www.nccam.nih.gov/health/stjohnswort/](http://www.nccam.nih.gov/health/stjohnswort/)
  - Inconsistent data in adults only, no RCT’s in youth
  - Drug interactions: can potentiate serotonergic drugs and increase risk of serotonin syndrome, must stop prior to SSRI trial

- SAM-E: one positive systematic review in adults, no RCT’s in youth

- 5-Hydroxytryptophoan (5HTP): mixed results in adults, no RCT’s in youth

- Glutamine: no RCT’s in youth

- Vitamin D: no RCT’s in youth

  - 188 teens in Iran, compared CBT, Reiki and waitlist, and showed CBT > Reiki > waitlist
Once things stabilize...

- Treatment should be continued for 6 to 12 months during the continuation phase
  - Patients typically seen at least monthly, depending on clinical status, functioning, support systems, environmental stressors, motivation for treatment, and the presence of comorbid psychiatric or medical disorders.

- General rule of thumb: the longer it takes to recover or the higher the # of recurrences, the longer the period of maintenance.
  - \( \geq 2 \) episodes of depression, 1 severe episode, or chronic episodes should have maintenance treatment for \( > 1 \) yr.
Anxiety
Prevalence

- 20% of youth presenting to primary care will screen positive for anxiety on brief screen
- 1 in 8 youth will have an anxiety diagnosis
- Only 20-30% of those with a diagnosis will have had any treatment
- Commonly present with physical or somatic complaints
- Social anxiety, specific phobias and GAD most common
- Review 4 other diagnoses predominantly diagnosed in youth

The natural history of anxiety

- Harvard/Brown Anxiety Research Project
  - Adult patients of psychiatric clinics

- Remission at one year
  - Panic disorder - ~40%
  - Panic disorder with agoraphobia - ~15%
  - Social phobia - ~7%
  - GAD - ~10-15%

- Remission at 8 years
  - Panic disorder - ~70-75%
  - Panic disorder with agoraphobia - ~35-40%
  - Social phobia - ~30%
  - GAD - ~45-55%

Yonkers et al; Depression and Anxiety 17:173 (2003)
The natural history of anxiety

- Cumulative Probability of Relapse after 8 years
  - Panic disorder - ~20-65% (gender variable)
  - Panic disorder with agoraphobia - ~40-50%
  - Social phobia - ~30%
  - GAD - ~40%

- Important points
  - Anxiety disorders are chronic in majority of men and women
  - Patients who experienced remission were more likely to improve during first 2 years

Yonkers et al; Depression and Anxiety 17:173 (2003)
**Child/adolescent Anxiety Multimodal Study (CAMS)**

- **Design**
  - 488 7-17 y.o. with SAD, GAD or SP
  - 14 sessions of CBT, sertraline, combo, or placebo
  - 12 weeks

- **Results**
  - Very much or much improved:
    - 80.7% combo
    - 59.7% CBT
    - 54.9% sertraline
    - 23.7% placebo
  - Pediatric anxiety rating scale, similar results
  - SI no more frequent in sertraline than placebo, no suicide attempts
• CBT and sertraline both work, combo of the two has superior response rate
CAMS - Conclusion

• CBT and sertraline both work, combo of the two has superior response rate
The Pediatric OCD Treatment Study (POTS)

- **Design**
  - 112 7-17 y.o. with OCD
  - Sertraline, CBT, combo, or placebo
  - 12 weeks

- **Results**
  - Improvement in CY-BOCS
    - Combo>CBT=sertraline>placebo
  - Clinical remission
    - Combo 53.6%
    - CBT 39.3%
    - Sertraline 21.4%
    - Placebo 3.6%
  - No patient became suicidal or made an attempt

- **Conclusion**
  - Youth with OCD should begin with CBT or CBT plus SSRI

POTS team. JAMA 2004;292(16), 1969
Separation Anxiety

• Normal
  • between 18 months and three years old when parent leaves
    • usually distractible and “fine 5 minutes after you left”
  • when first starting daycare/pre-school
    • resolves once engaged in new setting over period of days to weeks

• Separation anxiety: persistent and excessive anxiety when anticipating or experiencing separation from primary caregiver
  • affects 4 percent of children
  • symptoms: extreme homesickness, refusal of activities away from home (camp, school, sleepovers), worry bad things will happen to loved ones while away, and worry bad things (kidnapping, illness etc.) will take them from caregiver, frequent reassurance seeking, fear of being home alone or sleeping alone

School Refusal

- Diagnosis: extremely poor attendance
- Prevalence: 2-5%
- Commonly start with staying home/leaving early due to physical symptoms
  - Headaches, stomachaches, nausea and diarrhea common
- Anxiety may present with defiance, outright refusal, tantrums, inflexibility, separation anxiety, avoidance
- Onset: start of school year, new school, stressful life events, separation anxiety, fear of poor grades, bullying
- Treatment:
  - Behavioral
    - Back to school ASAP
    - Make sure home isn’t rewarding
    - Work with school (IEP, 504, school counselor)
  - Meds: SSRI, rarely long-acting benzo

Selective Mutism

- Diagnosis: refusal to speak in situations where talking is expected or necessary, to the extent that it interferes with school and making friends
- Symptoms: standing motionless and expressionless, turning their heads, chewing or twirling hair, avoiding eye contact, or hiding.
- Normal and talkative at home or where comfortable
- Often discovered with start of school
- Tx:
  - Behavioral treatment with means to decrease anxiety, increase exposure to hierarchy of anxiety provoking situations
  - If severe, good evidence for fluoxetine

https://www.selectivemutism.org
Screening Measures for Anxiety-SCARED (child and parent versions)

- Free, ages 9-17
- Broad screen for global anxiety
- Also has subscales for specific anxiety diagnoses
- Brief version for tracking over time
- Available in several languages

<table>
<thead>
<tr>
<th>Subscale</th>
<th>Trigger subscale when score ≥</th>
<th>Trigger respondent</th>
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<tbody>
<tr>
<td>Panic Disorder</td>
<td>7</td>
<td>Child; Parent (if account exists)</td>
</tr>
<tr>
<td>Generalized Anxiety</td>
<td>9</td>
<td>Child; Parent (if account exists)</td>
</tr>
<tr>
<td>Separation Anxiety</td>
<td>5</td>
<td>Child; Parent (if account exists)</td>
</tr>
<tr>
<td>Social Anxiety</td>
<td>8</td>
<td>Child; Parent (if account exists)</td>
</tr>
<tr>
<td>School Avoidance</td>
<td>3</td>
<td>Child; Parent (if account exists)</td>
</tr>
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Additional screeners for anxiety

- **SPENCE Children’s Anxiety Scale** [http://scaswebsite.com](http://scaswebsite.com)
  - Free, has child, parent and teacher scales
  - Ages 3-17
  - Available in many (28+) languages
  - 44 item measure for child and 38 item measure for parent
  - Screens for somatization, panic, GAD, separation anxiety and social phobia

- **GAD7**
  - Free
  - Brief, only 7 questions
  - Validated for ages 14 and up
  - Scores 0-21 with >5 (mild), >10 (moderate), >15 (severe)
  - Total score >10 should trigger extended evaluation

Initial treatment of anxiety

- Mild
  - CBT (or other therapy)
- Moderate
  - CBT
  - Consider SSRI – esp. if not responding, not ready for therapy
- Severe
  - CBT and SSRI

# Anxiety Medications

Starting at a very low dose of SSRI for the first week or two with anxiety disorders is especially essential to reduce the child’s experience of side effects (augmented by associated somatic anxieties).

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dosage Form</th>
<th>Usual starting dose for adolescents</th>
<th>Increase increment (after ~4 weeks)</th>
<th>RCT anxiety treatment benefit in kids</th>
<th>FDA anxiety approved for children?</th>
<th>Editorial Comments</th>
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<tbody>
<tr>
<td>Fluoxetine (Prozac)</td>
<td>10, 20, 40 mg 20mg/5ml</td>
<td>5-10 mg/day (60 max)*</td>
<td>10-20mg**</td>
<td>Yes</td>
<td>Yes (For OCD&gt;7yr)</td>
<td>Long ½ life, no SE from a missed dose</td>
</tr>
<tr>
<td>Sertraline (Zoloft)</td>
<td>25, 50, 100 mg 20mg/ml</td>
<td>25 mg/day (200 max)*</td>
<td>25-50mg**</td>
<td>Yes</td>
<td>Yes (For OCD &gt;6yr)</td>
<td>May be prone to SE from weaning off</td>
</tr>
</tbody>
</table>

*Sertraline and Fluoxetine are both first line medications for child anxiety disorders, per the evidence base*

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</thead>
<tbody>
<tr>
<td>Fluvoxamine (Luvox)</td>
<td>25, 50, 100 mg</td>
<td>25 mg/day (300 max)*</td>
<td>50 mg **</td>
<td>Yes</td>
<td>Yes (For OCD &gt;8yr)</td>
<td>Often more side effect than other SSRIs, has many drug interactions</td>
</tr>
<tr>
<td>Paroxetine (Paxil)</td>
<td>10, 20, 30, and 40 mg 10mg/5ml 12.5, 25, 37.5 mg CR forms</td>
<td>5-10 mg/day (60 max)*</td>
<td>10-20mg**</td>
<td>Yes</td>
<td>No</td>
<td>Not preferred if child also has depression. Can have short ½ life</td>
</tr>
<tr>
<td>Citalopram (Celexa)</td>
<td>10, 20, 40 mg 10mg/5ml</td>
<td>5-10 mg/day (40 max)*</td>
<td>10-20mg**</td>
<td>Yes</td>
<td>No</td>
<td>Very few drug interactions</td>
</tr>
<tr>
<td>Escitalopram (Lexapro)</td>
<td>5, 10, 20mg 5mg/5ml</td>
<td>2 ½ to 5 mg/day (20 max)*</td>
<td>5-10mg**</td>
<td>No</td>
<td>No</td>
<td>No generic form. Active isomer of citalopram</td>
</tr>
</tbody>
</table>

* Recommend decrease maximum dosage by at least 1/3 for pre-pubertal children
** Recommend using the lower dose increase increments for younger children.
Successful medication trials should continue for 6-12 months
After two SSRIs don’t work – anxiety

- **Venlafaxine** (Effexor XR) – 2 positive RCTs combined in one to get benefit
  - Side effect profile makes this a 2nd tier option
- **Mirtazapine** (Remeron) – no controlled trials
  - Consider if need sedation and appetite stimulation
- **Buspirone** (Buspar) – 2 negative RCTs in youth with GAD
- **Benzodiazepines**
  - Have not shown efficacy in RCTs with youth
  - Risk of tolerance and dependence
  - When used for severe anxiety - adjunctively & short term
- **Beta-blockers** - no controlled trials
  - Used for performance anxiety
- **Antihistamines** - no controlled trials
  - Hydroxyzine used for as adjunctive, often for insomnia/anticipatory anxiety
- **Tricyclic antidepressants**
  - Clomipramine shown to be efficacious in OCD, FDA approved ≥ 10yo
  - Anticholinergic side effects, cardiac monitoring, risk of fatality with overdose

*Not FDA approved for anxiety treatment <18

Other common concerns, interventions, and resources.
Sleep Troubles

- Commonly impacted by both depression and anxiety
- Impact from SSRI’s
  - Serotonergic REM suppression may cause decreased dream frequency
  - Increased periodic limb movements of sleep
  - Vivid dreams
- Sleep hygiene
- CBT-Insomnia
- Sleep meds: no medication labeled for insomnia in children by FDA
  - Melatonin: 3-5 mg, 1 hour before bedtime
  - Diphenhydramine: 12.5-25 mg starting dose, max 50 mg QHS, short term only
  - Trazodone: 25-50 mg QHS, max 200 mg QHS
    - inhibits CYP 2D6, use with caution with fluoxetine or paroxetine, it may decrease their effect
## SSRI Potential Side Effects

<table>
<thead>
<tr>
<th>Side Effect</th>
<th>Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gastrointestinal distress</td>
<td>Typically self-resolves</td>
</tr>
<tr>
<td></td>
<td>Symptomatic care</td>
</tr>
<tr>
<td>Headache</td>
<td>Typically self-resolves</td>
</tr>
<tr>
<td></td>
<td>Symptomatic care</td>
</tr>
<tr>
<td>Appetite change</td>
<td>Counsel on healthy nutrition</td>
</tr>
<tr>
<td>Sedation</td>
<td>Administration at bedtime</td>
</tr>
<tr>
<td>Sleep disturbance</td>
<td>Administration in morning</td>
</tr>
<tr>
<td></td>
<td>Counsel on sleep hygiene</td>
</tr>
<tr>
<td></td>
<td>Consider melatonin as needed</td>
</tr>
<tr>
<td>Diaphoresis</td>
<td>No action if mild</td>
</tr>
<tr>
<td>Sexual side effects</td>
<td>Consider medication change</td>
</tr>
<tr>
<td>Activation (disinhibition, agitation, irritability, silly)</td>
<td>If persistent and significant, discontinue medication</td>
</tr>
<tr>
<td>Platelet dysfunction (rare)</td>
<td>Discontinue medication</td>
</tr>
</tbody>
</table>

If any symptoms are severe, prescriber may decrease medication dose or switch to another.
TABLE 8

SSRI Benefit to Suicidal Risk Comparison

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Number Needed to Treat</th>
<th>Number Needed to Harm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>10^a</td>
<td>112</td>
</tr>
<tr>
<td>OCD</td>
<td>6</td>
<td>200</td>
</tr>
<tr>
<td>Non-OCD anxiety</td>
<td>3</td>
<td>143</td>
</tr>
</tbody>
</table>

- Data from ref 60. OCD, obsessive-compulsive disorder.
- High number needed to treat likely secondary to high placebo response rate in pediatric depression studies (30% to 60% compared with 40% to 70% SSRI response rate). SSRI efficacy has been established, but pooled studies and this high number needed to treat underscore the importance of individualizing treatment.
WARNING: SUICIDALITY AND ANTIDEPRESSANT DRUGS

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, adolescents, and young adults in short-term studies of Major Depressive Disorder (MDD) and other psychiatric disorders. Anyone considering the use of PROZAC or any other antidepressant in a child, adolescent, or young adult must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidality with antidepressants compared to placebo in adults beyond age 24; there was a reduction in risk with antidepressants compared to placebo in adults aged 65 and older. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. Families and caregivers should be advised of the need for close observation and communication with the prescriber. PROZAC is approved for use in pediatric patients with MDD and Obsessive Compulsive Disorder (OCD).
FIGURE 1. SSRI Prescription Rates in the United States, 2002–2005, Stratified by Age Group and Expressed as a Percentage of the 2003 Rate
FIGURE 2. Suicide Rate in Children and Adolescents (Ages 5–19 Years) in the United States, 1988–2004

Black box warning, meta-analyses

- Bridge et al, JAMA. 2007;297:1683-1696
  - Meta-analysis of 27 RCTs for antidepressants relative to placebo for pediatric MDD and anxiety (OCD and non-OCD)
  - Results:
    - Overall small but increased risk of treatment-emergent suicidal ideation/suicide attempt.
      - Pooled risk of suicidal ideation/suicide attempt for each indication were all less than 1%.
    - Depending on treatment indication, NNT ranges from 3 to 10, while NNH via emergence of suicidal ideation/suicide attempt ranges from 112 to 200
Conclusions:

- Relative to placebo, antidepressants are efficacious for pediatric MDD and anxiety disorders
  - Effects strongest in non-OCD anxiety disorders, intermediate in OCD, and more modest in MDD.
- Benefits of antidepressants appear to be much greater than risks from SI/suicide attempt across indications
  - Comparison of benefit to risk varies as a function of indication, age, chronicity, and study conditions.
- “We believe that the strength of evidence presented here supports the cautious and well monitored use of antidepressant medications as one of the first-line treatment options”
Gibbons et al, Arch Gen Psychiatry.
Published online February 6, 2012

- Looked at >30 adult (fluoxetine and venlafaxine) and 4 youth (fluoxetine) studies
- Results:
  - Fluoxetine and venlafaxine decreased suicidal thoughts and behavior for adult and geriatric patients.
  - For youths, no significant effects of treatment on suicidal thoughts and behavior were found, although depression responded to treatment.
  - No evidence of increased suicide risk was observed in youths receiving active medication (fluoxetine).
Black box warning, meta-analyses

- Sharma et al. BMJ. 2016; 352:i65
  - Looked at meta-analysis of data from clinical study reports on double blind placebo controlled trials of SSRI medications
    - included 70 studies of duloxetine, fluoxetine, paroxetine, sertraline and venlafaxine
    - included 18,526 patients, both adult and teen data was included.
    - mortality, suicidality, aggressive behavior and akathisia were outcome measures
  - No deaths in children or teens in the study
  - Odds ratios were 2.39 (1.31–4.33) for suicidality, 2.79 (1.62-4.81) for aggression and 2.15 (0.48-9.65) for akathisia.
    - Values >1 indicate higher risk with drug than placebo
  - In children and adults, the risk of suicidality and aggression doubled
  - Argued morbidity data missing and misreported from reports likely underestimates potential harms
Refusal to engage in therapy

• Help him/her learn more about what therapy really is; see: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/What-Is-Psychotherapy-For-Children-And-Adolescents-053.aspx

• Educate patient and family on the benefits of therapy

• Remind him/her that therapists are different, therapies are different, and the future experience may be nothing like the past

• Suggest starting with self-guided therapy

• Take a motivational stance
Self-guided therapy (depression and anxiety)

- For parents:
  - Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child’s Fears, Worries, and Phobias. (Tamar Chansky)
  - Freeing Your Child From Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness. (Tamar Chansky)
  - The Depressed Child: Overcoming Teen Depression (Kaufman)

- For children:
  - What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety (Huebner and Matthews).
  - What to Do When Your Brain Gets Stuck (Huebner)
  - Taking Depression to School (2002), (Kathy Khalsa)
  - Where’s Your Smile, Crocodile? (Clair Freedman)
Self-guided therapy (depression and anxiety)

- For adolescents/young adults:
  - Mastery of Your Anxiety and Worry: Workbook (Craske and Barlow)
  - Mastery of Your Anxiety and Panic: Workbook (Barlow and Craske)
  - Riding the Wave Workbook (Pincus et al)
  - Feeling Good: The New Mood Therapy (David Burns)
  - Relaxation Exercises
    - [http://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/resources/](http://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/resources/)
      - Relaxation Therapy Tip Sheet, page 30 in *Primary Care Principles for Child Mental Health*
  - Depression Self Care
Useful Apps: mood and anxiety

• Positive Penguins: educational app to help kids understand why they feel the way they do and help them challenge their negative thinking
  - http://positivepenguins.com/

• Breathe2Relax: app designed by the National Center for Telehealth & Technology to teach breathing techniques to manage stress

• Worry Box: app to track worries

• Bellybio: interactive, guided deep breathing

• Optimism: mood tracking app

• Mindful Yeti: mindfulness app for anxiety
Useful apps: sleep

- Bedtime meditations for kids: guided meditations
- Deep Sleep with Andrew Johnson: guided progressive muscle relaxation to target anxiety and insomnia
- isleep: guided meditations with music for sleep
Questions?