

# MEDICATIONS REFERRED TO IN THIS ASSIGNMENT

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## METHYLPHENIDATE [7]

Methylphenidate is a stimulant medication that increases activity in the body's nervous system. It is commonly used to treat ADHD; however, it can also be used to treat the narcolepsy that may occur as a result of mental disorders like depression.

Methylphenidate also goes by the names Ritalin and Concerta, it comes in immediate and slow-release forms. Depression may cause people to become tired and unfocused for long periods of time, methylphenidate combats this by increasing energy and enhancing concentration.

Methylphenidate causes an increased heart rate and elevated awareness – due to this, persons taking methylphenidate may experience heightened levels of anxiety.

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## CLOBAZAM/URBANOL [8]

Clobazam, or Urbanol, is a sedative that can be used to treat seizures. The class of medication is called 'benzodiazepines.' Clobazam can also be used to treat anxiety disorder and panic attacks. It can also be used to help with sleeplessness when taken at night.

Clobazam is described as a short-term relief treatment for anxiety, it has a high chance of becoming addictive with constant use. Clobazam works by reducing brain activity, allowing the body to become calm when in a state of nervousness or anxiety.

Clobazam is not a long-term solution for anxiety disorder due to its addictive nature, but it is extremely effective for short-term relief.

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## SELECTIVE SEROTONIN REABSORPTION INHIBITORS [9]

Selective Serotonin Reabsorption Inhibitors (SSRIs) are a class of medications used for the long-term treatment and management of disorders such as anxiety and depression.

SSRIs work by preventing the serotonin chemicals in the brain from being reabsorbed into neurons. It is believed that serotonin has a large effect on mood and general emotional states. Less serotonin may lead to negative mental states.

When a person is suffering from depression or anxiety, the serotonin receptors in the brain may not work as well, and so not as much serotonin is utilized, this leaves serotonin chemicals unused that become reabsorbed into the brain for other purposes. When the serotonin receptors become active again, there is not a sufficient supply of serotonin to provide relief to the brain. This is the working theory for SSRIs, as SSRIs prevent the reabsorption of the serotonin, allowing the balance of serotonin in the brain to be restored.

SSRIs may take as long as six weeks to become effective in patients, so patients may still suffer from depression or anxiety during the initial treatment phase. In some cases, the use of SSRIs can cause greater depression and anxiety, including suicidal tendencies, due to this persons using SSRIs need to be closely monitored by their medical practitioners.

SSRIs are used in the medications Lexapro (Escitalopram), Sertraline (Zoloft), and others.

SSRIs are not addictive and can be used over long periods of time. Stopping usage of SSRIs may require slowly weening the patient off of the medication to avoid withdrawal symptoms.

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## **BETA BLOCKERS [10]**

Beta blockers (beta-adrenergic blocking agents) are medications that block the effects of adrenaline on the body. Beta blockers allow the heart to beat more slowly, lower blood pressure, and can be used to successfully manage the effects of anxiety disorder.

Beta blockers, when used for the treatment of anxiety, are not commonly used consistently over long periods of time, they are mainly used when the need arises for them. This could be during a panic attack, extreme anxiety episode, or when the patient knows that an extremely stressful or traumatic situation is about to occur. An example of a beta blocker medication is Acebutolol.

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