

Meds That Cause Psych Symptoms

Depression	Antihypertensives, antiparkinsonian agents, corticosteroids, calcium channel blockers, NSAIDs, antibiotics, peptic ulcer drugs.
Anxiety	Sympathomimetics, antiasthmatics, antiparkinsonian agents, hypoglycemic agents, NSAIDs, thyroid hormones.
Sedation/Poor Concentration	Antianxiety agents/hypnotics, anticholinergics, antibiotics, antihistamines.
Selected Meds	Procainamide, quinidine: Confusion, delirium Albuterol: Anxiety, confusion Isoniazid: Psychosis Tetracycline: Depression Nifedipine, verapamil: Depression Cimetidine: Depression, confusion, psychosis Steroids: Aggressiveness/agitation, mania, depression, anxiety, psychosis

Psychotherapies

Modality	Duration	Patient	Focus
Cognitive Behavioral Therapy (CBT)	Time limited	<ul style="list-style-type: none"> Anxiety, mood, personality, somatic symptom, eating disorder Maladaptive thoughts, avoidance behavior, ability to participate in homework 	<ul style="list-style-type: none"> Combines cognitive/behavioral tech Challenges maladaptive thoughts Targets avoidance w/ behavioral techniques (relaxation, exposure)
Dialectical Behavioral Therapy (DBT)	Variable	Borderline personality disorder; self-injury	<ul style="list-style-type: none"> Improves emotion regulation, mindful awareness, distress tolerance Manages self-harm
Interpersonal Psychotherapy	Time limited	Depressed w/ relationship conflicts	<ul style="list-style-type: none"> Links current relationships conflicts to depressive symptoms
Supportive Psychotherapy	Ongoing	Lower functioning; in crisis, psychotic	<ul style="list-style-type: none"> Therapist as guide Reinforces coping skills/builds adaptive defenses
Motivational Interviewing	Variable	Substance use disorder	<ul style="list-style-type: none"> Addresses ambivalence and enhances motivation to change Nonjudgmental; acknowledge resistance
Biofeedback	Variable	<ul style="list-style-type: none"> Prominent physical symptoms Pain disorders 	<ul style="list-style-type: none"> Improves awareness and control over physiological reactions Lowers stress levels, integrates mind/body

Electroconvulsive Therapy

Def	Small electric current to produce generalized seizure for 20-30 seconds under general anesthesia
Indications	<u>Conditions:</u> unipolar/bipolar depression, catatonia, bipolar mania <u>Indications:</u> treatment resistance, psychotic features , emergent conditions (pregnancy, refusal to eat/drink , imminent risk for suicide), pharmacotherapy contraindicated due to comorbid illness/poor tolerability, History of ECT response .

Electroconvulsive Therapy continued on next page →