

# MDD ICP Medication Algorithm Stages

## Stage 1 (6 weeks)

- SSRI (escitalopram / sertraline) or
- SNRI (venlafaxine / duloxetine) or
- Mirtazapine

## Stage 2 (6 weeks)

- Switch antidepressant (SSRI, SNRI, or mirtazapine) or
- Optimization / Management of sleep, anxiety, side effects (trazodone, quetiapine, pregabalin\*, short-term: zopiclone\*, benzodiazepines\*)

## Stage 3 (6 weeks)

- Augmentation (aripiprazole, bupropion, lithium\*, quetiapine) or
- Venlafaxine + mirtazapine or
- Repetitive Transcranial Magnetic Stimulation (rTMS)

## Stage 4 (6 weeks)

- Augmentation (aripiprazole, bupropion, lithium\*, quetiapine) or Venlafaxine + mirtazapine or
- Tricyclic Antidepressants (+ lithium\*) or
- Monoamine oxidase inhibitor (MAOI) (Tranylcypromine or Phenelzine) or
- Repetitive Transcranial Magnetic Stimulation (rTMS)

## Stage 5 (6 weeks)

- MAOI (Tranylcypromine or Phenelzine) or
- Repetitive Transcranial Magnetic Stimulation (rTMS)\* or
- Electroconvulsive Therapy (ECT) (right unilateral ultra brief) or
- Magnetic Seizure Therapy (MST)\*

## Stage 6 (6 weeks)

- Electroconvulsive Therapy (ECT) (right unilateral ultra brief) or
- Magnetic Seizure Therapy (MST)\* or
- Electroconvulsive Therapy (ECT) (bilateral)