

Decision Aid

Is stopping antidepressants the right decision for you?

You may be considering stopping your antidepressant. Use this Decision Aid to help you decide and to discuss with your doctor.

Long-term use of antidepressants (longer than 12-months) is not recommended for most people as there is little good evidence showing benefit in long-term use. Most people experience at least one adverse-effect from long-term use. Around half of people who reduce or stop antidepressants experience withdrawal symptoms. Slowly reducing antidepressant dose can help to minimise withdrawal symptoms.

1. Comparing my options

Stop taking antidepressants	Continue taking antidepressants
<p>What is involved?</p> <p>Slowly reducing and stopping antidepressants.</p> <p>What are the benefits of stopping?</p> <p>Avoid antidepressant adverse-effects and risks. Your energy levels, motivation, sexual functioning, and weight control may improve, and you may regain the ability to feel your emotions again including joy and excitement.</p> <p>Avoid the risks associated with long-term antidepressant use such as increased risk of falls.</p> <p>Avoid having to take a pill every day.</p> <p>What are the downsides?</p> <p>You may experience antidepressant withdrawal symptoms which are common and can be severe. Symptoms can include anxiety, dizziness, crying, irritability, nausea, 'brain zaps', incoordination, difficulty concentrating, headache, sleep disturbance, and tremor.</p> <p>Slow tapering of drug dose can help to minimise withdrawal symptoms enabling you to successfully stop antidepressants.</p> <p>You may feel your emotions again, including symptoms of depression or anxiety. It is important to know that you can develop strategies to cope with distress and low mood.</p>	<p>What is involved?</p> <p>Keep taking antidepressants.</p> <p>You can stop sometime in the future.</p> <p>What are the benefits of continuing?</p> <p>Avoid antidepressant withdrawal symptoms.</p> <p>Antidepressant withdrawal symptoms are common and can be severe, although slow tapering of drug dose can help to minimise withdrawal symptoms, and symptoms will lessen over time.</p> <p>Minimise risk of 'relapse'. However, you could develop strategies to cope with distress and low mood without medication.</p> <p>What are the downsides of long-term use?</p> <p>Antidepressant adverse-effects and risks, including emotional numbing, low sex drive and difficulty reaching orgasm, weight gain, tiredness and lack of motivation, increased risk of falls in older age.</p> <p>There is also the risk of worsening mood symptoms while on antidepressants.</p>



For supporting evidence and further information please visit www.releasetoolkit.com.au



2. Deciding what's right for me

Your feelings are important. In deciding whether to stop or keep taking antidepressants, think about what matters to you. Tick the box that best represents where you are on the scale:

Reasons to stop taking	Reasons to keep taking
I want to live free of antidepressants	I don't mind taking antidepressants
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I want to feel emotions again, highs and lows	I would rather not feel the ups and downs
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I want my sex life back	Sex is not an issue for me
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I want to see if stopping helps me lose weight	Weight is not an issue for me
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Antidepressants are not helping me	Antidepressants are helping me
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I have strategies that help me manage distress and depressive symptoms	I am afraid of relapse and don't want to risk depressive symptoms
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I can manage withdrawal symptoms through slow tapering and other strategies	I am afraid of withdrawal symptoms and don't want to risk withdrawal symptoms
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I now understand that depression is not caused by a chemical imbalance in the brain and that antidepressants are not correcting any underlying imbalance in my brain	I prefer to keep believing that my symptoms are caused by a chemical imbalance in my brain that antidepressants can correct
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
My other important reasons/life circumstances:	

You can show and discuss your answers with your doctor and/or friends and family to help with your decision whether to continue or stop antidepressants.

3. Next Steps

Schedule an appointment to see your doctor to review and discuss your antidepressant medication. Take this Decision Aid with you to your appointment. Your doctor can discuss with you how to safely taper and stop antidepressants, if this is what you decide.

Jot down in this box any concerns or questions for your doctor.

RELEASE research project

Research Leads: Professor Katharine Wallis, Associate Professor Maria Donald
 Ethical approval: The University of Queensland Human Research Ethics Committee (2022/HE001667)
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