

A Reasonable Approach to Symptom Matching

Symptom	Medication to Target the Symptom
Anxiety	SSRI
Insomnia	Mirtazapine
Irritability	SSRI
Lethargy	Bupropion
Poor appetite	Mirtazapine
Poor concentration	Bupropion

From the full article:
"Beginning Antidepressant Treatment: A Recommended Approach"
by Michael Posternak, MD,
The Carlat Psychiatry Report, Volume 15, Number 7&8, July/August 2017
www.thecarlatreport.com