

Pharmacotherapy Dosing Table for PTSD

Therapeutic category	Initial dose	Dose range
Antidepressants - <i>Monotherapy</i>		
paroxetine*	IR: 10-20 mg/day CR: 12.5 mg/day	20-50 mg/day 12.5-50 mg/day
sertraline*	25-50 mg/day	50-200 mg/day
venlafaxine†	IR: 25 mg bid-tid XR: 37.5 mg/day	75-375 mg divided bid-tid 75-300 mg qd
Other agents		
prazosin‡	1 mg qhs; titrate to clinical response	3-20 mg qhs

* FDA-indicated for PTSD

† May ↑ BP; caution advised if HTN

‡ For tx of nightmares assoc w/ PTSD

Abbreviations: CR = controlled release; IR = immediate release; XR = extended release

Therapeutic category	Clinical considerations
Antidepressants - <i>Monotherapy</i>	
paroxetine*	<ul style="list-style-type: none">• Black box warning for ↑risk of suicidality if ≤24 yo; based on short-term studies of MDD & other psych disorders• Avoid abrupt d/c; withdrawal sx may occur, esp. w/ paroxetine & venlafaxine
sertraline*	<ul style="list-style-type: none">• Common adverse effects: nausea, HA, diarrhea, nervousness, sexual dysfunction, dizziness
venlafaxine†	<ul style="list-style-type: none">• Hyponatremia or SIADH may occur; risk ↑ if >65 yo• Serotonin syndrome may occur, esp. w/ concomitant meds that affect serotonin

Other agents	
prazosin‡	<ul style="list-style-type: none"> • May cause syncope w/ sudden LOC; syncopal episodes usually occur w/in 30-90min of initial dose • Adding diuretic, PDE5 inhibitor, or another antihypertensive agent may cause additive hypotensive effect

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† May ↑ BP; caution advised if HTN

‡ For tx of nightmares assoc w/ PTSD

Abbreviations: LOC = loss of consciousness; MDD = major depressive d/o; PDE5 = phosphodiesterase-5; SIADH = syndrome of inappropriate antidiuretic hormone

Source: Management of Posttraumatic Stress Disorder and Acute Stress Disorder Work Group. *VA/DoD Clinical Practice Guideline for Management of Posttraumatic Stress Disorder and Acute Stress Disorder*. U.S. Department of Veterans Affairs and U.S. Department of Defense; June 2023. Accessed May 7, 2024. <https://www.healthquality.va.gov/guidelines/MH/ptsd/VA-DoD-CPG-PTSD-Full-CPGAug242023.pdf>