

TRIGGERS OF DEPRESSION

NONPSYCHIATRIC MEDICAL CONDITIONS FREQUENTLY ASSOCIATED WITH DEPRESSION

Cardiovascular Disease	Metabolic disorders
Collagen disorders	Neurologic disorders (i.e. CVA, Parkinson's, Wilson's Disease)
Endocrine disorders (i.e. hypothyroidism)	Systemic Lupus Erythematosus (SLE)
Infections (i.e. encephalitis, hepatitis, tuberculosis)	Vitamin and mineral deficiencies and excesses
Malignancies and carcinomas	

DRUGS THAT FREQUENTLY CAUSE DEPRESSIVE REACTIONS

Alcohol	Methyl dopa (Sinemet®)
Amantadine (Symmetrel®)	NSAIDs
Beta-blockers	Opiate analgesics
Clonidine (Catapres®)	Oral contraceptives
CNS depressants	Reserpine
Guanethidine (Ismelin®)	Sedative-hypnotics (ie. Benzodiazepines, barbiturates)
Hydralazine (Apresoline®)	Steroids
Levodopa (Larodopa®, Dopar®)	

TRIGGERS OF ANXIETY

COMMON MEDICAL DISORDERS ASSOCIATED WITH ANXIETY SYMPTOMS

Cardiovascular/respiratory system

Arrhythmias
Chronic obstructive lung disease
Hyperdynamic β -adrenergic state
Hypertension
Hyperventilation
Mitral valve prolapse
Myocardial infarction
Angina
Pulmonary embolus

Endocrine system

Cushing's disease
Hyperthyroidism
Hypothyroidism
Hypoglycemia
Pheochromocytoma

Gastrointestinal system

Colitis
Irritable bowel syndrome
Peptic ulcer
Ulcerative colitis

Miscellaneous

Epilepsy
Migraine
Pain
Pernicious anemia
Porphyria

DRUGS ASSOCIATED WITH ANXIETY SYMPTOMS

CNS depressants

Alcohol
Anxiolytics/sedatives
Narcotics (withdrawal from)

CNS stimulants

Prescription products

Albuterol (Proventil®, Ventolin®)
Amphetamines (Dexedrine®)
Cocaine
Diethylpropion (Tenuate®)
Fenfluramine (Pondimin®)
Isoproterenol (Isuprel®, Medihaler Iso®)
Methylphenidate (Ritalin®)

Nonprescription products

Caffeine (NoDoz®, Vivarin®)
Ephedrine (Ephedrine Nasal®)
Naphazoline (Privine®, Allerest Eye drop®)
Oxymetazoline (Afrin®, Dristan®)
Phenylephrine (Neo-Synephrine®, Allerest®)
Phenylpropanolamine (Dexatrim®, Acutrim®)
Pseudoephedrine (Sudafed®, Novafed®)

Miscellaneous

Anticholinergic toxicity
Baclofen (Lioresal®)
Digitalis toxicity
Dapsone
Cycloserine (Seromycin®)
Quinacrine (Atabrine®)