

Appendix 1

DAILY CHECKLIST OF ANTIDEPRESSANT WITHDRAWAL SYMPTOMS

The 5-Step Antidepressant Tapering Program

Name: _____ Antidepressant: Lexapro

Day: 23 (1, 2, 3, etc. since last dosage reduction) Date: 12/31/25 Day of week: Wed.

Dose prior to this reduction: 10 mg/day New dose: 0 Cold turkey mg/day

PSYCHIATRIC SYMPTOMS	✓	MEDICAL SYMPTOMS	✓
<i>That Mimic Depression</i>		<i>That Mimic the Flu</i>	
1. Crying spells	✓	29. Flu-like aches and pains	✗
2. Worsened mood	✓	30. Fever	✗
3. Low energy (fatigue, lethargy, malaise)	✓	31. Sweats	✗
4. Trouble concentrating	✓	32. Chills	✗
5. Insomnia or trouble sleeping	✗	33. Runny nose	✗
6. Change in appetite	✓	34. Sore eyes	✓
7. Suicidal thoughts	✓		
8. Suicide attempts	✗	<i>That Mimic Gastroenteritis</i>	
		35. Nausea	✗
<i>That Mimic Anxiety Disorders</i>		36. Vomiting	✗
9. Anxious, nervous, tense	✓	37. Diarrhea	✓
10. Panic attacks (racing heart, breathless)	✗	38. Abdominal pain or cramps	✗
11. Chest pain	✗	39. Stomach bloating	✗
12. Trembling, jittery, or shaking	✗		
		<i>Dizziness</i>	
<i>Irritability and Aggression</i>		40. Disequilibrium	✗
13. Irritability	Not today	41. Spinning, swaying, lightheaded	✗
14. Agitation (restlessness, hyperactivity)	Somewhat	42. Hung over or waterlogged feeling	✓
15. Impulsivity	Yesterday	43. Unsteady gait, poor coordination	✗
16. Aggressiveness	Not today	44. Motion sickness	✓
17. Self-harm	✓		
18. Homicidal thoughts or urges	✗	<i>Headache</i>	
		45. Headache	✗
<i>Confusion and Memory Problems</i>			
19. Confusion or cognitive difficulties	✓	<i>Tremor</i>	
20. Memory problems or forgetfulness	✗	46. Tremor	✗
<i>Mood Swings</i>		<i>Sensory Abnormalities</i>	
21. Elevated mood (feeling high)	Not today	47. Numbness, burning, or tingling	✗
22. Mood swings	✓	48. Electric zap-like sensations in the brain	✗
23. Manic-like reactions	Not today	49. Electric shock-like sensations in the body	✗
		50. Abnormal visual sensations	✗
<i>Hallucinations</i>		51. Ringing or other noises in the ears	✗
24. Auditory hallucinations	✗	52. Abnormal smells or tastes	✗
25. Visual hallucinations	✗		
		<i>Other</i>	
<i>Dissociation</i>		53. Drooling or excessive saliva	✗
26. Feeling detached or unreal	✗	54. Slurred speech	✗
		55. Blurred vision	Yesterday
<i>Other</i>		56. Muscle cramps, stiffness, twitches	✗
27. Excessive or intense dreaming	✓	57. Feeling of restless legs	✗
28. Nightmares	✗	58. Uncontrollable twitching of mouth	✗

Might be b/c I'm in front of a screen all week

Global assessment of severity of withdrawal symptoms for the day

	None	Mild			Moderate				Severe		
	0	1	2	3	4	5	6	7	8	9	10
✓											