SSRI/SNRI WITHDRAWAL SYMPTOMS

The following criteria define the SSRI (or SNRI) withdrawal syndrome:

**Criterion A**

A course of treatment in which an SSRI (or SNRI) is stopped or interrupted or the dose is reduced after a period treatment of 2 weeks or more.

**Criterion B**

Two or more of the following symptoms develop within 1 to 10 days of criterion A (except for fluoxetine in which case the symptoms must develop within 28 days):

(a) dizziness or lightheadedness  
(b) nausea and/or vomiting  
(c) headaches  
(d) lethargy  
(e) anxiety and/or agitation  
(f) tingling (paraesthesias), numbness or "electric" shock-like sensations  
(g) tremors  
(h) sweating  
(i) insomnia  
(j) irritability  
(k) vertigo (dizziness)  
(l) diarrhea

**Criterion C**

The symptoms of criterion B cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

**Criterion D**

The symptoms are not due to a general medical condition or the direct physiological effects of another substance (e.g., a medication or a drug of misuse) that has been recently commenced, stopped, or altered in dosage.

**Criterion E**

The disorder is not better accounted for by an exacerbation/relapse/recurrence of the psychiatric disorder for which the SSRI was prescribed.

Adapted from: