



Exercise Prescription and training for Individuals with Depression

Table of Various Pharmacological Treatments

An exercise prescription for people with depression will likely differ little from the prescription used for healthy individuals. Clinicians should be aware, however, that several symptoms of depression (e.g., loss of interest, fatigue, low self-confidence) may interfere with participation in exercise, and that comorbidities can further complicate matters.

Medication	Brand Name	Class	Exercise Effect	Other Effects
Citalopram	Celexa	SSRI	Dizziness	Nausea, diarrhoea, sexual side effects, headache, weight gain, nervousness, dry mouth, insomnia
Escitalopram	Lexapro			
Fluoxetine	Prozac			
Paroxetine	Paxil			
Sertraline	Zoloft			
Desvenlafaxine	Pristiq	SNRI	Dizziness	Nausea, sweating, sexual side effects, fatigue, constipation, insomnia, anxiety, headache, loss of appetite
Duloxetine	Cymbalta			
Levomilnacipran	Fetzima			
Venlafaxine	Effexor			
Bupropion*	Wellbutrin	Misc	Rapid heartbeat, dizziness	Restlessness, dry mouth, insomnia, headache, nausea, vomiting, constipation, tremor, excessive sweating,



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				blurred vision, confusion, rash, irritability, ringing in the ears
Mirtazapine	Remeron	Atypical	Dizziness	Somnolence, increased appetite, weight gain
Vilazodone	Viibryd	Atypical		Diarrhoea, nausea, vomiting, insomnia
Vortioxetine	Brintellix	Atypical		Nausea, vomiting, constipation

Abbreviations: *Bupropion does not share a chemical structure with other types of antidepressant medications and as a result is considered a miscellaneous, or other, antidepressant medication.

SSRI = selective serotonin reuptake inhibitor; SNRI = serotonin and norepinephrine reuptake inhibitor.