

Project Title: A feasibility study of an innovative informatics application that facilitates tapering of psychiatric medications through patient-reported outcomes and shared decision-making

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People often experience side effects from using antidepressants and other psychiatric drugs, including fatigue, insomnia, sexual dysfunction, and weight gain. Many people therefore want to work with their doctors to stop using these drugs. However, people often experience long-term side-effects when they try to discontinue use, including nausea, insomnia, or gastrointestinal disturbances. Tapering, or gradually reducing the dosage level of drugs taken, has been suggested by researchers as an effective strategy for mitigating withdrawal symptoms. But creating and following a taper is challenging, requiring a doctor to make complex mathematical calculations to develop a dosage reduction plan and requiring a patient to follow the specific schedule of dosage amounts in that plan.