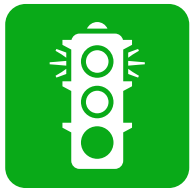


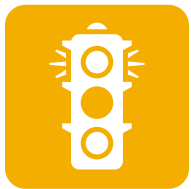
Pharmacologic Interventions for Treating Posttraumatic Stress Disorder (PTSD)



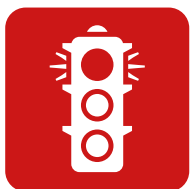
Pharmacologic intervention may be considered for treatment of PTSD if none of the indicated psychotherapies are available or feasible or the patient prefers pharmacotherapy.¹



If pharmacotherapy is selected, the following medications are recommended:
Paroxetine, sertraline, or venlafaxine¹



The following medications are suggested against:¹
Divalproex, guanfacine, ketamine, prazosin, risperidone, tiagabine, or vortioxetine



However, the following medications are recommended against:¹
Benzodiazepines, cannabis or cannabis derivatives

Prazosin is suggested for the treatment of nightmares associated with PTSD even though it is suggested against for the treatment of broad PTSD symptoms.

What about combining or augmenting treatment approaches?



Combination treatment combines two or more evidence-based treatments for PTSD to improve outcomes and can occur at the initiation of treatment or following a period of monotherapy to address partial or nonresponse.¹

Augmentation with the following medications for the treatment of PTSD is suggested against:¹

Aripiprazole, asenapine, brexpiprazole, cariprazine, iloperidone, lumateperone, lurasidone, olanzapine, paliperidone, quetiapine, risperidone, or ziprasidone

Resources



Military OneSource provides 24/7 support and information on housing, financial, legal, medical, and psychological services.

- State-side: 800-342-9647
- Overseas: 800-342-9647
- Collect: 484-530-5908

<https://www.militaryonesource.mil>



988 Suicide and Crisis Lifeline and the associated **Military/Veterans Crisis Line** provides free and confidential support for individuals in crisis. If you or someone you know is struggling or in crisis, call or text 988 or <https://988lifeline.org>; you can also press 1 or text 838255 to chat live with a counselor focused on military and veteran callers (<https://www.veteranscrisisline.net>).



inTransition offers specialized coaching and assistance for active duty service members, National Guard members, reservists, veterans, and retirees to help callers with their mental health care as they transition between systems of care.

- State-side: 800-424-7877
- Overseas: 800-748-81111 (in Australia, Germany, Italy, Japan, and South Korea only)

<https://www.health.mil/inTransition>

References

- 1 Veterans Affairs and Department of Defense. (2023). *VA/DOD clinical practice guideline for the management of posttraumatic stress disorder and acute stress disorder*. (Version 4.0). <https://www.healthquality.va.gov/guidelines/MH/ptsd/index.asp>



Note: This content is derived from the 2023 VA/DOD Clinical Practice Guideline for the Management of Posttraumatic Stress Disorder and Acute Stress Disorder.



Department of Veterans Affairs and Department of Defense health care providers who use this information are responsible for considering all applicable regulations and policies throughout the course of care and patient education. Created October 2023 by the Psychological Health Center of Excellence.