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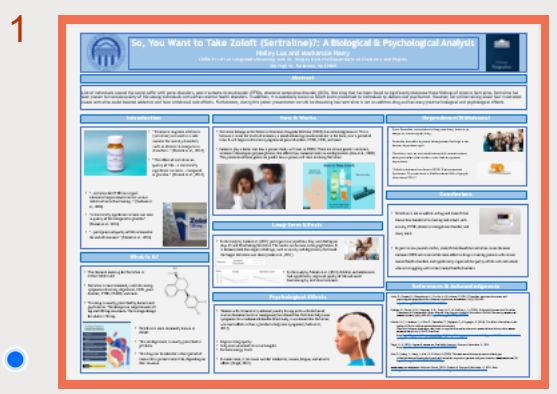
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So, You Want to Take Zoloft (Sertraline)?: A Biological & Psychological Analysis

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Abstract

A lot of individuals around the world suffer with panic disorders, post-traumatic stress disorder (PTSD), obsessive compulsive disorder (OCD). One drug that has been found to significantly decrease these feelings of stress is Sertraline. Sertraline has been proven to increase quality of life among individuals with certain mental health disorders. In addition, it is commonly known as Zoloft and is prescribed to individuals by doctors and psychiatrist. However, we will be talking about how in extreme causes sertraline could become addictive and have withdrawal side effects. Furthermore, during this poster presentation we will be discussing how sertraline is not an addictive drug and has many positive biological and psychological effects.

Introduction

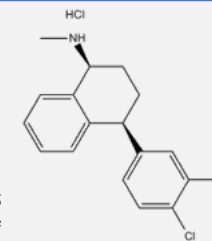



- "Serotonin reuptake inhibitors (sertraline) are used in a safe manner for anxiety disorders, such as obsessive-compulsive disorders..." (Memik et al., 2014)
- "The effect of sertraline on quality of life... a statistically significant increase... compared to placebo." (Memik et al., 2014)
- "...sertraline for PTSD can expect substantial improvements across various indices of social functioning..." (Graham et al., 2020).
- "A statistically significant increase was seen in quality of life compared to placebo." (Memik et al., 2014).
- "...perceptions of quality of life increased at the end of treatment." (Memik et al., 2014).



What is it?



- The chemical make up for Sertraline is: C₁₇H₁₇Cl₂N·HCl
- Sertraline is most commonly used for easing symptoms of anxiety, depression, OCD, panic disorder, PTSD, PMDD, and more.
- This drug is usually prescribed by doctors and psychiatrists. The dosage can range between 25 mg and 200 mg maximum. The average dosage for adults is 50 mg.

- Sertraline is most commonly known as Zoloft.
- This antidepressant is usually prescribed in pill form.
- This drug can be taken for a short period of time or for a person's entire life, depending on their situation.

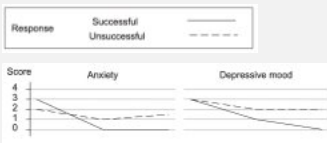
How it Works

- Sertraline belongs to the Selective Serotonin Reuptake Inhibitor (SSRI) class of antidepressants. This is because it raises the levels of serotonin, a mood-enhancing neurotransmitter in the brain, over a period of time. It will begin to alleviate symptoms of panic disorders, PTSD, OCD, and more.
- Genetics play a factor into how a person's body will react to SSRIs. There are certain genetic variations, serotonin related gene polymorphisms, that affects how someone reacts to antidepressants (Zou et al., 2020). The presences of these genes can predict how a person will react to taking Sertraline.

Long-Term Effects

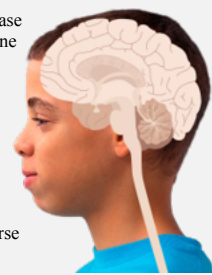
- In the study by Aedo et al. (2011) participants surveyed how they were feeling on days 45 and 90 of taking Sertraline. The results can be seen in the graph below. It is demonstrated that negative feelings, such as anxiety and depression, decreased the longer Sertraline was taken (Aedo et al., 2011)



- In the study by Memik et al. (2014) children and adolescents had significantly improved quality of life and social functioning by sertraline treatment.



Psychological Effects

- Women with climacteric syndrome (usually having to do with decline of ovarian hormone levels in menopause) have found that Sertraline helps ease symptoms. In a randomized double-blind study, it was found that Sertraline was more effective than a placebo to help ease symptoms (Aedo et al., 2011).
- Improve sleep quality
- Help ease unwanted intrusive thoughts
- Increase energy levels
- In some cases, it can cause suicidal tendencies, nausea, fatigue, and adverse effects (Singh, 2021).



Dependence/Withdrawal

- Since Sertraline is considered a long-term drug, there is no danger in continuing the drug.
- Sertraline does alter a person's thoughts and feelings it can become dependent upon
- Therefore, once an individual cannot feel normal without taking sertraline, that is when it can lead to a greater dependence.
- "Zoloft withdrawal is a form of SSRI Discontinuation Syndrome. This condition will affect about 20% of people who use an SSRI."

Conclusions

- Sertraline is not an addictive drug and research has shown how beneficial to treating individuals with anxiety, PTSD, obsessive compulsion disorder, and many more.
- In peer review journal articles, research has found that sertraline is one the most common SSRI and is one of the most effective drug in treating patients with certain mental health disorders and significantly improved the quality of life with individuals who are struggling with certain mental health disorders.



References & Acknowledgments

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