

**In Summary: Evidence on Combining Medications
With Antipsychotics in Schizophrenia**

Adjunctive Medication	Risk/Benefit	Notes
Antidepressants	<ul style="list-style-type: none"> • Lower rates of psychiatric hospitalizations and ED visits • Improvement in negative symptoms 	Little research on the comparative efficacy of different adjunctive antidepressants
Antipsychotics	<ul style="list-style-type: none"> • Benefit appears limited primarily to combinations where one of the antipsychotics is either clozapine or a long-acting injectable • Clozapine + aripiprazole has the lowest rate of psychiatric rehospitalizations compared to other agents either alone or in combination 	Combinations of other antipsychotics are of questionable benefit
Benzodiazepines	<ul style="list-style-type: none"> • Poorer outcomes, including more psychiatric admissions and ED visits 	Best to minimize
Mood stabilizers	<ul style="list-style-type: none"> • Lithium: total symptom reduction¹ • Lamotrigine: total symptom reduction, positive & negative symptoms • Valproate: RCTs show no evidence of benefit 	
Other agents (minocycline, NSAIDs, topiramate)	<ul style="list-style-type: none"> • Total symptom reduction, positive & negative symptoms 	Not enough evidence yet to recommend as adjunctive treatments

¹ Based on the Positive and Negative Syndrome Scale (PANSS) and Brief Psychiatric Rating Scale (BPRS)

From the Expert Q&A:
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with T. Scott Stroup, MD, MPH

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