



Supplementary Material

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Supplementary Table 1. List of antidepressants and their adequate dose (minimum daily adequate dose), and augmentation medications

Antidepressant medication		
Name	Minimum daily adequate dose¹	Augmentation medications
SSRIs		Aripiprazole
Citalopram	20 mg	Cariprazine
Escitalopram	10 mg	Clozapine
Fluvoxamine	50 mg	Iloperidone
Fluvoxamine, continuous release	100 mg	Olanzapine
Fluoxetine	20 mg	Paliperidone
Paroxetine	20 mg	Quetiapine
Paroxetine, extended release	12.5 mg	Risperidone
Sertraline	50 mg	Ziprasidone
Vilazodone	10 mg	Lithium
DNRI		Thyroid hormone (T3 and T4)
Bupropion	150 mg	Esketamine
SNRIs		Gabapentin
Desvenlafaxine	50 mg	Lamotrigine
Duloxetine	60 mg	Topiramate
Levomilnacipran	20 mg	
Milnacipran	12.5 mg	
Venlafaxine	37.5 mg	
Serotonin modulators		
Nefazodone	50 mg	
Trazodone	150 mg	
Vortioxetine	10 mg	
Norepinephrine-serotonin modulator		
Mirtazapine	15 mg	
Tricyclics and tetracyclics		
Amitriptyline	25 mg	
Amoxapine	50 mg	
Clomipramine	25 mg	
Doxepin	25 mg	
Desipramine	25 mg	
Imipramine	25 mg	
Maprotiline	75 mg	
Nortriptyline	25 mg	
Protriptyline	10 mg	
Trimipramine	25 mg	
MAOIs		
Isocarboxazid	10 mg	
Moclobemide	150 mg	
Opipramol	x	
Phenelzine	15 mg	
Selegiline transdermal	6 mg	
Tranlycypromine	10 mg	
Other selected medications		
Agomelatine	x	
Mianserin	30 mg	
Nefazadone	x	

Noxiptiline	x	
Olanzapine-fluoxetine ²	20 mg	
Pipofezine	x	
Reboxetine	x	
Tianeptine	x	

MAOIs = monoamine oxidase inhibitors; NDRI = norepinephrine-dopamine reuptake inhibitors; SNRI = serotonin-norepinephrine reuptake inhibitors; SSRI = selective serotonin reuptake inhibitors.

1. Minimum adequate doses based on APA practice guideline or FDA package inserts.
2. For this combination, we only look at fluoxetine dose
3. X: since these medications are rarely used, we assume any dose is therapeutic.

Supplementary Table 2. US regions

Regions	State
Midwest	IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI
Northeast	CT, MA, ME, NH, NJ, NY, PA, RI, VT
South	AL, AR, DC, DE, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV
West	AK, AZ, CA, CO, HI, ID, MT, NM, NV, OR, UT, WA, WY