The Primary Care Companion
FOR CNS DISORDERS

Supplementary Material

Article Title: Prescription Patterns in Canadian Operational Stress Injury Clinics: An In-Depth Examination of Posttraumatic Stress Disorder Treatment Practices

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TABLE S1. Number of medications prescribed to patients with a primary diagnosis of PTSD

	Total (*N* = 438)			Manitoba (*N* = 73)			Ontario (*N* = 72)			Quebec (*N* = 293)		
No. medications (total) prescribed per patient	**No. patients prescribed no. medications**			**No. patients prescribed no. medications**			**No. patients prescribed no. medications**			**No. patients prescribed no. medications**		
	Any	**PRN**	**Regular**	**Any**	**PRN**	**Regular**	**Any**	**PRN**	**Regular**	**Any**	**PRN**	**Regular**
0	3 (0.7)	213 (48.6)	16 (3.7)	---	57 (78.1)	2 (2.7)	---	37 (51.4)	1 (1.4)	3 (0.7)	119 (40.6)	13 (4.4)
1	34 (7.8)	149 (34.0)	77 (17.6)	15 (3.4)	16 (21.9)	22 (30.1)	3 (0.7)	23 (31.9)	6 (8.3)	16 (3.7)	110 (37.5)	49 (16.7)
2	82 (18.7)	58 (13.2)	103(23.5)	27 (6.2)	---	22 (30.1)	7 (1.6)	12 (16.7)	14 (19.4)	48 (11.0)	46 (15.7)	67 (22.9)
3	100 (22.8)	16 (3.7)	98 (22.4)	17 (3.9)	---	16 (21.9)	20 (4.6)	---	22 (30.6)	63 (14.4)	16 (5.5)	60 (20.5)
4	91 (20.8)	2 (0.5)	68 (15.5)	9 (2.1)	---	7 (9.6)	16 (3.7)	---	12 (16.7)	66 (15.1)	2 (0.7)	49 (16.7)
5	69 (15.8)	---	43 (9.8)	4 (0.9)	---	4 (5.5)	11 (2.5)	---	6 (8.3)	54 (12.3)	---	33 (11.3)
6	28 (6.4)	---	15 (3.4)	1 (0.2)	---	---	3 (0.7)	---	2 (2.8)	24 (5.5)	---	13 (4.4)
7	15 (3.4)	---	12 (2.7)	---	---	---	7 (1.6)	---	8 (11.1)	8 (1.8)	---	4 (1.4)
8	11 (2.5)	---	5 (1.1)	---	---	---	5 (1.1)	---	1 (1.4)	6 (1.4)	---	4 (1.4)
9	2 (0.5)	---	---	---	---	---	---	---	---	2 (0.5)	---	---
10	3 (0.7)	---	1 (0.2)	---	---	---	---	---	---	3 (0.7)	---	1 (0.3)
No. medications for PTSD per patient	**PRN / regular**	**PRN**	**Regular**	**PRN / regular**	**PRN**	**Regular**	**PRN / regular**	**PRN**	**Regular**	**PRN / regular**	**PRN**	**Regular**
0	11 (2.5)	245 (55.9)	26 (5.9)	3 (0.7)	59 (80.8)	6 (8.2)	2 (0.5)	50 (69.4)	2 (2.8)	6 (1.4)	136 (46.4)	18 (6.1)
1	59 (13.5)	145 (33.1)	101 (23.1)	22 (5.0)	14 (19.2)	25 (34.2)	9 (2.1)	17 (23.6)	19 (26.4)	28 (6.4)	114 (38.9)	57 (19.5)
2	108 (24.7)	36 (8.2)	124 (28.3)	25 (5.7)	---	24 (32.9)	20 (4.6)	5 (6.9)	17 (23.6)	63 (14.4)	31 (10.6)	83 (28.3)
3	122 (27.9)	12 (2.7)	99 (22.6)	21 (4.8)	---	17 (23.3)	21 (4.8)	---	16 (22.2)	80 (18.3)	12 (4.1)	66 (22.5)
4	61 (13.9)	---	38 (8.7)	1 (0.2)	---	---	6 (1.4)	---	6 (8.3)	54 (12.3)	---	32 (10.9)
5	43 (9.8)	---	32 (7.3)	1 (0.2)	---	1 (1.4)	4 (0.9)	---	4 (5.6)	38 (8.7)	---	27 (9.2)
6	16 (3.7)	---	11 (2.5)	---	---	---	3 (0.7)	---	4 (5.6)	13 (3.0)	---	7 (2.4)
7	11 (2.5)	---	5 (1.1)	---	---	---	5 (1.1)	---	4 (5.6)	6 (1.4)	---	1 (0.3)
8	5 (1.1)	---	2 (0.5)	---	---	---	2 (0.5)	---	---	3 (0.7)	---	2 (0.7)
9	2 (0.5)	---	---	---	---	---	---	---	---	2 (0.5)	---	---

TABLE S2. Medications prescribed to patients in Manitoba (*N* = 73), Quebec (*N* = 293), Ontario (*N* = 72)

Medication (Generic)	Pharmacological class*	Manitoba, *N* (%)‡		Quebec, *N* (%)‡		Ontario, *N* (%)‡			
		Prescriptions (for any condition)	Prescriptions (for PTSD)	Prescriptions (for any condition)	Prescriptions (for PTSD)	Prescriptions (for any condition)	Prescriptions (for PTSD)	*P*-value**	*P*-value***
---	Antiadrenergic	16 (21.9)	15 (20.5)	116 (39.6)	112 (38.2)	31 (43.1)	31 (43.1)	<0.001	<0.001
Doxazosin		8 (11.0)	8 (11.0)	52 (17.7)	51 (17.4)	22 (30.6)	22 (30.6)		
Prazosin		4 (5.5)	4 (5.5)	58 (19.8)	58 (19.8)	3 (4.2)	3 (4.2)		
Propranolol		1 (1.4)	---	4 (1.4)	3 (1.0)	7 (9.7)	7 (9.7)		
Clonidine		---	---	1 (0.3)	1 (0.3)	2 (2.8)	2 (2.8)		
Terazosin		3 (4.1)	3 (4.1)	---	---	---	---		
Guanfacine		---	---	1 (0.3)	---	---	---		
Tamsulosin		---	---	1 (0.3)	---	---	---		
---	Anticonvulsant	12 (16.4)	8 (11.0)	46 (15.7)	28 (9.6)	14 (19.4)	3 (4.2)	<0.001	<0.001
Lamotrigine		5 (6.8)	3 (4.1)	30 (10.2)	27 (9.2)	2 (2.8)	---		
Pregabalin		5 (6.8)	5 (6.8)	12 (4.1)	2 (0.7)	6 (8.3)	---		
Gabapentin		3 (4.1)	---	4 (1.4)	---	5 (6.9)	1 (1.4)		
Topiramate		---	---	2 (0.7)	---	2 (2.8)	2 (2.8)		
Divalproex		---	---	1 (0.3)	---	1 (1.4)	---		
---	Antidepressant (any)	63 (86.3)	60 (82.2)	265 (90.4)	259 (88.4)	66 (91.7)	64 (88.9)	<0.001	<0.001
---	AD: Atypical / NDRI	12 (16.4)	8 (11.0)	45 (15.4)	28 (9.6)	35 (48.6)	31 (43.1)	<0.001	<0.001
Bupropion		12 (16.4)	8 (11.0)	45 (15.4)	28 (9.6)	35 (48.6)	31 (43.1)		
---	AD: Atypical / Other[a]	12 (16.4)	11 (15.1)	45 (15.4)	43 (14.7)	19 (26.4)	16 (22.2)	<0.001	<0.001
Vortioxetine		4 (5.5)	3 (4.1)	30 (10.2)	28 (9.6)	8 (11.1)	8 (11.1)		
Mirtazapine		8 (11.0)	8 (11.0)	9 (3.1)	9 (3.1)	6 (8.3)	6 (8.3)		
Vilazodone		---	---	6 (2.0)	6 (2.0)	1 (1.4)	1 (1.4)		
Ketamine		---	---	---	---	6 (8.3)	3 (4.2)		
---	AD: SNRI	21 (28.8)	21 (28.8)	103 (35.2)	98 (33.4)	24 (33.3)	23 (31.9)	<0.001	<0.001
Desvenlafaxine		3 (4.1)	3 (4.1)	54 (18.4)	53 (18.1)	14 (19.4)	13 (18.1)		
Duloxetine		5 (6.8)	5 (6.8)	26 (8.9)	23 (7.8)	5 (6.9)	5 (6.9)		
Venlafaxine		13 (17.8)	13 (17.8)	19 (6.5)	18 (6.1)	4 (5.6)	4 (5.6)		
Levomilnacipran		---	---	4 (1.4)	4 (1.4)	1 (1.4)	1 (1.4)		
---	AD: SSRI	23 (31.5)	22 (30.1)	120 (41.0)	118 (40.3)	19 (26.4)	18 (25.0)	<0.001	<0.001
Escitalopram		2 (2.7)	2 (2.7)	60 (20.5)	58 (19.8)	7 (9.7)	6 (8.3)		
Sertraline		13 (17.8)	12 (16.4)	44 (15.0)	44 (15.0)	6 (8.3)	6 (8.3)		
Fluoxetine		7 (9.6)	7 (9.6)	8 (2.7)	8 (2.7)	4 (5.6)	4 (5.6)		
Citalopram		1 (1.4)	1 (1.4)	5 (1.7)	5 (1.7)	1 (1.4)	1 (1.4)		
Paroxetine		---	---	3 (1.0)	3 (1.0)	1 (1.4)	1 (1.4)		
---	AD: TCA	1 (1.4)	1 (1.4)	7 (2.4)	2 (0.7)	---	---	NR	NR
Amitriptyline		1 (1.4)	1 (1.4)	4 (1.4)	---	---	---		
Nortriptyline		---	---	2 (0.7)	1 (0.3)	---	---		

Trimipramine		---	---	1 (0.3)	1 (0.3)	---	---		
---	AD: MAOI	2 (2.7)	2 (2.7)	1 (0.3)	1 (0.3)	---	---	NR	NR
Moclobemide		---	---	1 (0.3)	1 (0.3)	---	---		
Phenelzine		1 (1.4)	1 (1.4)	---	---	---	---		
Tranylcypromine		1 (1.4)	1 (1.4)	---	---	---	---		
---	Antipsychotic	21 (28.8)	18 (24.7)	92 (31.4)	86 (29.4)	28 (38.9)	26 (36.1)	<0.001	<0.001
Quetiapine		11 (15.1)	11 (15.1)	56 (19.1)	52 (17.7)	7 (9.7)	5 (6.9)		
Aripiprazole		4 (5.5)	3 (4.1)	18 (6.1)	16 (5.5)	20 (27.8)	19 (26.4)		
Lurasidone		1 (1.4)	---	11 (3.8)	10 (3.4)	2 (2.8)	2 (2.8)		
Brexpiprazole		1 (1.4)	1 (1.4)	9 (3.1)	9 (3.1)	2 (2.8)	2 (2.8)		
Olanzapine		2 (2.7)	2 (2.7)	1 (0.3)	1 (0.3)	2 (2.8)	2 (2.8)		
Risperidone		1 (1.4)	1 (1.4)	2 (0.7)	1 (0.3)	1 (1.4)	1 (1.4)		
Asenapine		---	---	---	---	1 (1.4)	1 (1.4)		
Methotrimeprazine		1 (1.4)	---	---	---	---	---		
---	Benzodiazepine	10 (13.7)	9 (12.3)	77 (26.3)	70 (23.9)	31 (43.1)	19 (26.4)	<0.001	<0.001
Lorazepam		7 (9.6)	7 (9.6)	45 (15.4)	39 (13.3)	18 (25.0)	11 (15.3)		
Clonazepam		3 (4.1)	2 (2.7)	29 (9.9)	27 (9.2)	13 (18.1)	5 (6.9)		
Diazepam		---	---	---	---	6 (8.3)	6 (8.3)		
Temazepam		---	---	5 (1.7)	5 (1.7)	---	---		
Flurazepam		---	---	2 (0.7)	2 (0.7)	---	---		
Alprazolam		---	---	---	---	1 (1.4)	1 (1.4)		
Oxazepam		---	---	1 (0.3)	1 (0.3)	---	---		
---	Cannabinoid	2 (2.7)	2 (2.7)	37 (12.6)	36 (12.3)	7 (9.7)	7 (9.7)	<0.001	<0.001
Nabilone		2 (2.7)	2 (2.7)	37 (12.6)	36 (12.3)	7 (9.7)	7 (9.7)		
---	Hypnotic	24 (32.9)	23 (31.5)	226 (77.1)	215 (73.4)	33 (45.8)	28 (38.9)	<0.001	<0.001
Trazodone		15 (20.5)	14 (19.2)	94 (32.1)	92 (31.4)	13 (18.1)	10 (13.9)		
Zopiclone		4 (5.5)	4 (5.5)	103 (35.2)	94 (32.1)	15 (20.8)	13 (18.1)		
Zolpidem		6 (8.2)	6 (8.2)	72 (24.6)	70 (23.9)	3 (4.2)	3 (4.2)		
Eszopiclone		---	---	14 (4.8)	14 (4.8)	---	---		
Lemborexant		---	---	7 (2.4)	6 (2.0)	5 (6.9)	5 (6.9)		
Doxepin		---	---	10 (3.4)	10 (3.4)	---	---		
---	Non-benzo anxiolytic	6 (8.2)	3 (4.1)	---	---	4 (5.6)	4 (5.6)	0.061	0.156
Buspirone		4 (5.5)	1 (1.4)	---	---	4 (5.6)	4 (5.6)		
Hydroxyzine		2 (2.7)	2 (2.7)	---	---	---	---		
---	Psychostimulant	9 (12.3)	---	51 (17.4)	26 (8.9)	14 (19.4)	1 (1.4)	<0.001	NR
Methylphenidate		4 (5.5)	---	30 (10.2)	15 (5.1)	---	---		
Lisdexamfetamine		3 (4.1)	---	18 (6.1)	11 (3.8)	6 (8.3)	---		
Dextroamphetamine		1 (1.4)	---	3 (1.0)	---	3 (4.2)	---		
Modafinil		1 (1.4)	---	---	---	5 (6.9)	1 (1.4)		
---	Vasodilator	---	---	8 (2.7)	2 (0.7)	6 (8.3)	---	0.024	NR
Sildenafil		---	---	2 (0.7)	---	---	---		
Vardenafil		---	---	---	---	1 (1.4)	---		

Tadalafil		---	---	6 (2.0)	2 (0.7)	5 (6.9)	---		
---	Other	---	---	5 (1.7)	2 (0.7)	1 (1.4)	---	NR	NR
Atomoxetine		---	---	5 (1.7)	2 (0.7)	---	---		
Esketamine		---	---	---	---	1 (1.4)	---		

AD: Antidepressant, TCA: Tricyclic Antidepressant, SDAM: Serotonin-Dopamine Activity Modulator, SDRA: Serotonin-Dopamine Receptor Antagonist, NDRI: Norepinephrine-Dopamine Reuptake Inhibitor, SSRI: Selective Serotonin Reuptake Inhibitor, SNRI: Serotonin-Norepinephrine Reuptake Inhibitor, DNRA: Dopamine-Norepinephrine Releasing Agent, NMDA: N-Methyl-D-Aspartate, DORA: Dual Orexin Receptor Antagonist, DNRI: Dopamine-Norepinephrine Reuptake Inhibitor, NaSSA: Noradrenergic and Specific Serotonergic Antidepressant, MAOI: Monoamine Oxidase Inhibitor, DRI: Dopamine Reuptake Inhibitor, NR: Not reported

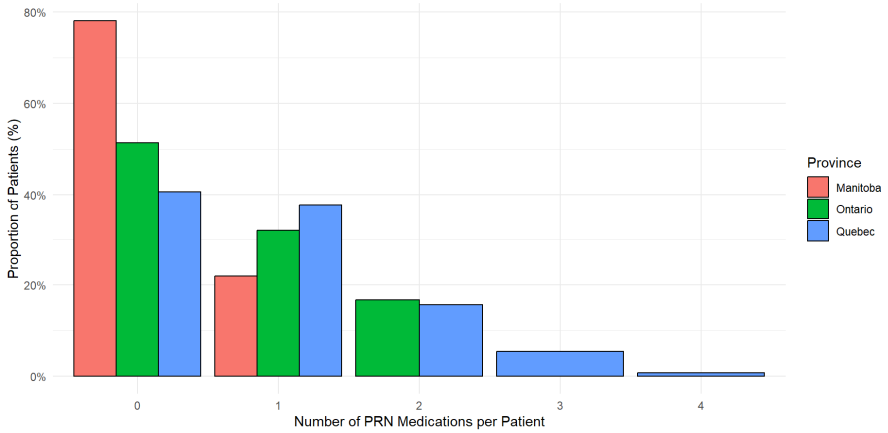
ǂNumber of patients prescribed medication (% of patients on medication)

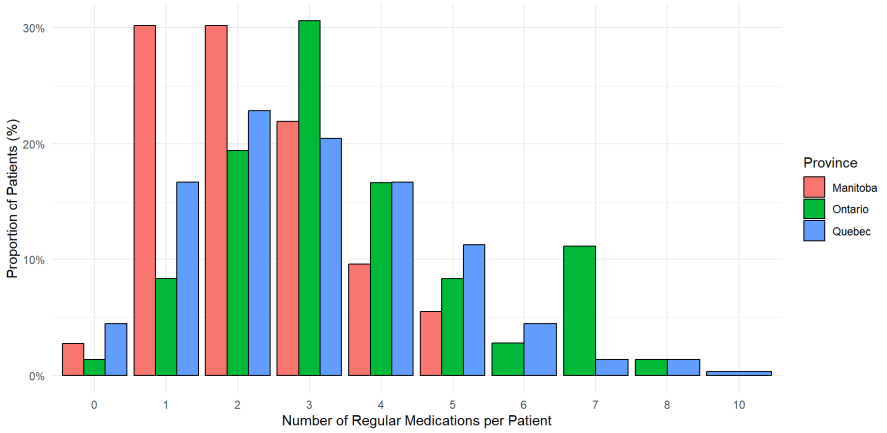
[a]Other atypical antidepressants include serotonin modulators; NaSSAs; and NMDA antagonists

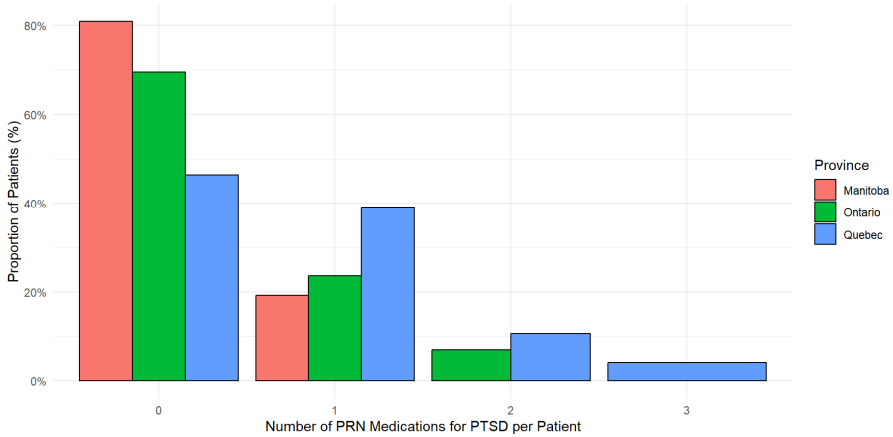
*Medication names in bold were prescribed ≥1 for PTSD

**Differences in pharmacological class prescribed for any indication; ***differences in class prescribed for PTSD

Medications belonging to pharmacological classes that were never prescribed for PTSD are not shown. These medications include: Naltrexone (prescribed 22 times); Lithium (prescribed 5 times); Pramipexole and Cyclobenzaprine (each prescribed 4 times); Acamprosate and Naproxen (each prescribed 3 times); Esomeprazole, Pantoprazole, and Rosuvastatin (each prescribed twice); and Aspirin, Atorvastatin, Celecoxib, Dexilant, Diclofenac, Diltiazem, Disulfiram, Estrogen, Ezetimibe, Icosapent ethyl, Irbesartan, Lansoprazole, Liothyronine, Medroxy-progesterone, Melatonin, Metformin, Naltrexone/Bupropion, Rivaroxaban, Tapentadol (each prescribed once)







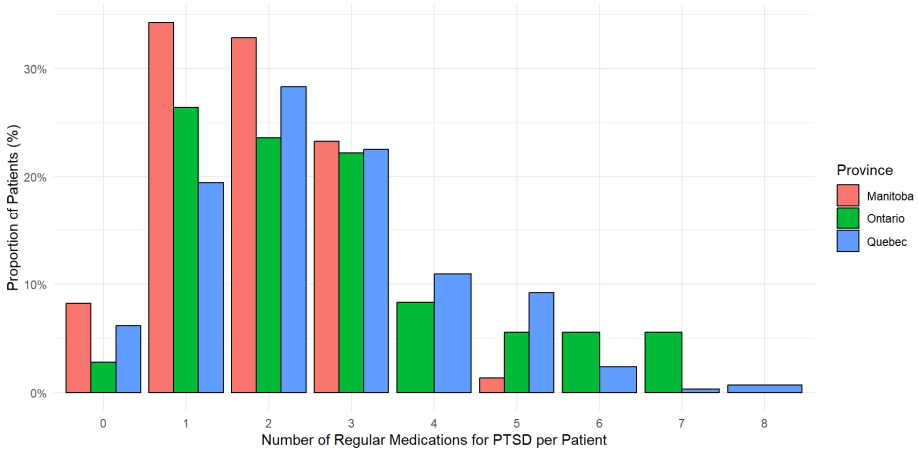


FIGURE S1A–D. Numbers of medications prescribed for any indication (TOP) vs explicitly for PTSD (BOTTOM) to be taken as-needed/PRN (LEFT) or routinely (RIGHT)

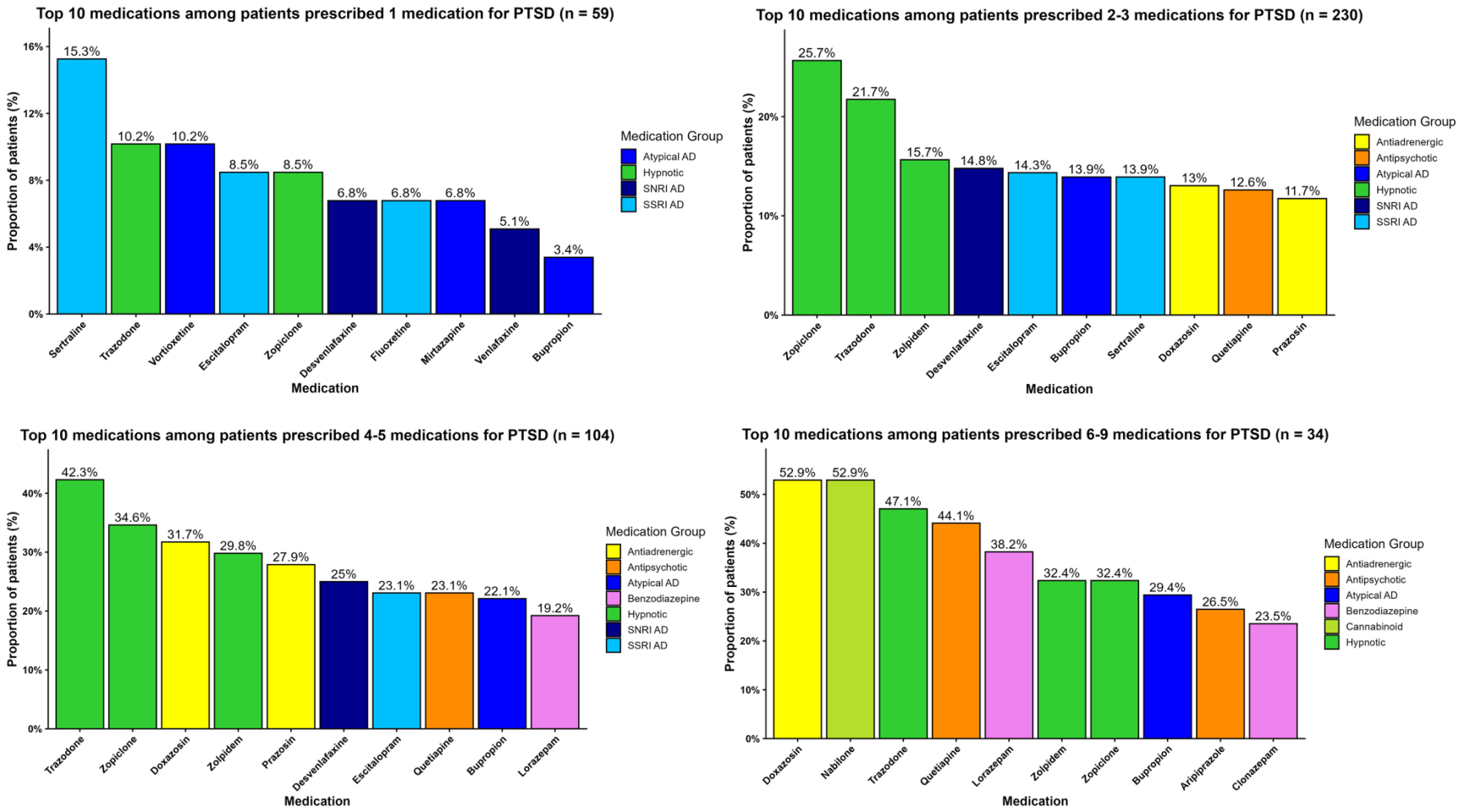


FIGURE S2A–D. Most common medications prescribed for PTSD, stratified by the total number of concurrently prescribed medications. Bars indicate the proportion of patients within each subgroup.

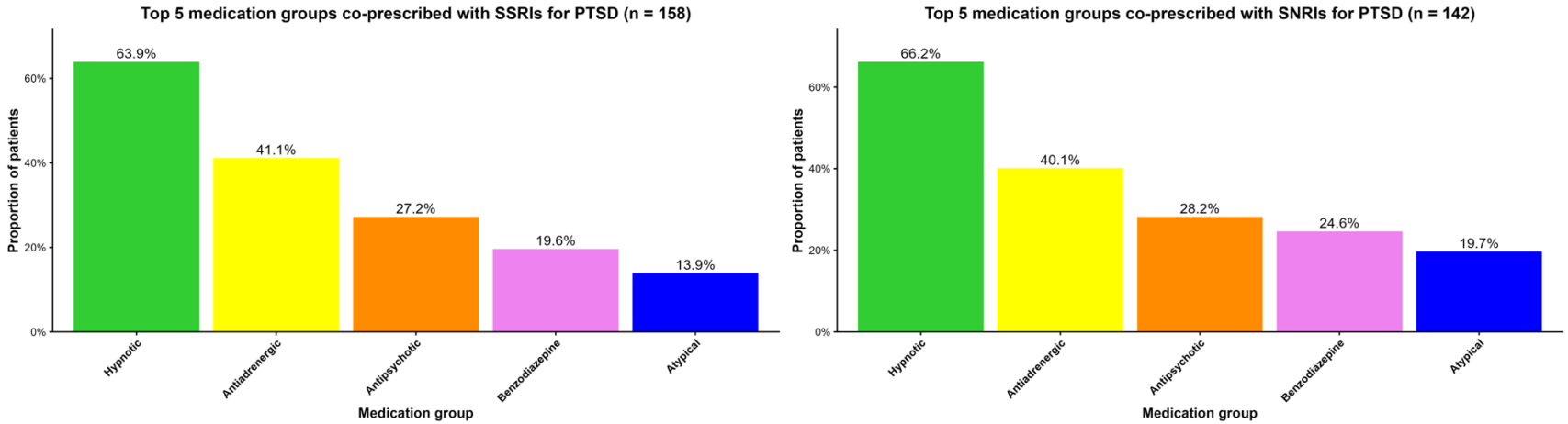


FIGURE S3A–B. Distribution of the five most frequently co-prescribed medication groups for PTSD among patients prescribed at least one selective serotonin reuptake inhibitor (SSRI) (LEFT). Distribution of the five most frequently co-prescribed medication groups for PTSD among patients prescribed at least one serotonin–norepinephrine reuptake inhibitor (SNRI) (RIGHT).