



**Medication-Induced Suicide Prevention and Education Foundation
in Memory of Stewart Dolin**

www.missd.co

Watch the video at <https://www.youtube.com/c/MISSDFoundation>

What is Akathisia?

- Akathisia is a disorder, induced as a side effect of medications (including SSRIs and antipsychotics), which can cause a person to experience such intense inner restlessness that the sufferer is driven to violence and/or suicide.
- 2019 ICD-10-CM Diagnosis Code G25.71

Symptoms

Symptoms of akathisia are an **increase in:**

- Physical/Inner Restlessness
- Anxiety/Panic Attacks
- Agitation
- Impulsivity
- Aggressiveness
- Insomnia
- Irritability
- Hostility

An increase in these symptoms can lead to violent outbursts, self-harm and suicide.

What Health Professionals Should Do

- Often the individual is too embroiled in the experience to recognize their symptoms; it is important to monitor all patients when prescribing medications especially when starting, stopping or changing dosage.
 - Follow up phone calls and office visits
 - Tell individuals to watch for symptoms. Suggest they inform loved ones that the medication is being taken
 - Instruct individuals to call immediately, or seek immediate medical attention if experiencing an increase in symptoms

What is MISSD?

- Non-profit organization dedicated to honoring the memory of Stewart Dolin and other victims of medication-induced suicide and akathisia
- Goals are to raise awareness, educate and prevent needless deaths

What MISSD is Not

- MISSD is **not** anti-drug
- MISSD fully recognizes prescription drugs can provide positive results and can be life-saving

Quotes from Health Professionals:

"The first few doses frequently made patients anxious and apprehensive. They reported increased feelings of strangeness, verbalizing 'I don't feel like myself,' and 'I'm afraid of some of the unusual impulses that I have.'" Fawcett et al, 1957

"[When experiencing akathisia], death can be a welcome result." Roger Lane, MD, 1998

"Patients have described it to me as listening to nails scratching on a black board 24/7, or your bones rattling like tuning forks. It is this inner agitation that is by far the most dangerous." Joseph Glenmullen, MD, 2006

"It appeared [from the study,] that the drug induced akathisia, (as opposed to just energizing somebody who already has suicidal thoughts)." Joseph Glenmullen, MD, 2006

Contact MISSD at missd.co