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

“What 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