

## Appendix 7: Selected Posts about marriage breakdown due to SSRIs, from various forums (on which hundreds, maybe thousands of cases have been posted), one about debt

### 1. Citalopram is the Divorce Drug — (SurvivingAntidepressants.org)

Feb 26, 2016

My story is as follows. Married the girl I began dating as a junior in high school. Dated through college. Married in 1996. Was a good marriage. Both of us had careers. Had a child. I wasn't perfect. Neither was she. Career stress yes. Daily life was good. Her love for me was expressed daily as was mine. We had a long history. Both our families were great. Then in 2010 my world changed big time. My once affectionate loving partner started acting different. No affection. Would walk by me and not look at me. Started staying away. Began to find fault with everything about me. Became very selfish and confident. Started arguments about anything. Would pull away from a hug with a look of disgust. I began to notice her family staying away. I talked to her dad and he just stated she was over it. Over what? I asked. No real answer.

In October I found a citalopram bottle. I Google it and oh boy did the lights ever come on. I confronted her about my evidence and all I can say is wow. She was hostile. Aggressive. Declared she had never loved me ever. Said she wanted to end the relationship as quickly as possible. Screamed for me to get out with a lot of cussing. I had never heard this woman utter one badword. Needless to say I left. Over the next year I saw horrendous things I can't believe. This loving calm person partied it up. Dated other guys. Put a profile on dating sites. Told everyone in our town I was abusive. That I was an alcoholic. Etc....even had her dad staying in my house with a gun because in her manic no sleep dreaming state could not tell reality from dreams....while all of this was going on my son basically stayed with me. I would hear things and I just couldn't believe it. I would have never believed a drug could do such a thing. She remarried within months. Ran off to vegas. Didnt even include our child. Of course her family believed every crazy lie she uttered and I was so saddened by that. They literally loved me up until the week she began this drug...I saw a woman turn into a selfish self centered crazy person who changed in every way. Even dressed different. Different taste in men. Wanting new things. New 3 new cars. Three hundred and twenty five thousand dollar house, tons of vacations and trips. A woman who was satisfied before with a good book and some relaxing in the hammock was now so different. In 2014 I told her I wanted no contact until she was off the drug...she became enraged stating she hadn't been on it in two years, yet a week later in front of our son told an insurance agent she was on it while filing for life insurance. He was upset that she lied. Fact is she tried to get off. She couldnt. Literally sick in bed. She likes the way she feels on it. My ex wife is gone forever. I have moved on. I met a sweet lady. I was upfront with her. Ssri drugs are my litmus test. I will never ever be with anyone that has ever used these drugs, is on them, or doesn't understand what they do. They destroy lives, families, and individuals. The drugs are the devil in a bottle. I am damaged forever. But I am healing everyday. If I didn't live it I wouldn't understand it. And that is why this drug is so deceptive. Unless you have lived it you don't see it. The worst isn't over. We have a lot more mass shootings, soldier suicides, mothers

killing kids, etc. I believe this is one of the biggest deceptions ever put on humanity. So thus the name whistleblower. Any of you from the old marriages destroyed site on topix will remember me as lost. Good luck all and God bless all of you. Sorry for typos or misspelling. I'm in a hurry using a tablet...

## 2. Marriages destroyed by SSRI/SNRIs — (Pharmacology Forum)

ImaSuperStar

Tuesday Jan 21, 2014

Posted in the Pharmacology Forum

This discussion has been going on since 2007 in a Topix forum that has been deleted, so I am starting a new thread in hopes that those who were discussing this topic will find it and continue to support each other. So many people came to that thread because they found themselves married to a stranger after their spouse started taking an SSRI/SNRI. These drugs change the chemical balance of the brain causing people to change almost overnight. Spouses devoted to their husband/wife and children suddenly are no longer connected and no longer feel love. Instead, because of these same chemical imbalances, they are drawn to having affairs, going on spending sprees, gambling, partying, lying, and doing anything that gives an immediate thrill. They become selfish people who leave the well-established, healthy family they helped to build, they tear their family apart and walk away.

It was this thread where people learned that it was the drugs that caused this shift in their loved ones thinking/behavior. Unfortunately, this is just one of many dangerous side effects of these drugs. We have been duped by the pharmaceutical companies into believing that depression is caused by a chemical imbalance in the brain, but this has since been proven to be a scam as there is no way to measure the chemicals in the brain. If they can't measure them, how do they know there is a deficiency or imbalance? No, instead, big pharma marketed this as being the cause of the epidemic of depression and anxiety and in turn they have made bagillions of dollars in profits while the side effects of these drugs cause things like:

- destruction of marriages
- infidelity
- gambling addictions
- alcoholism
- anxiety
- suicide and homicide ideation and successful attempts
- hot flashes
- cold intolerance
- heat intolerance
- vision loss
- hypothyroidism (doctors are prescribing this for Graves' disease now)

- MS/Parkinson symptoms
- seizures
- anhedonia (inability to experience pleasure)
- insomnia
- sexual dysfunction

just to mention a few

Unfortunately, even if the unmedicated spouse is able to convince the medicated spouse that the sudden change in affection/behavior has been caused by the drugs (very difficult to convince the drug user of this), stopping this medication or any of the SSRI medications can be absolute torture. If not tapered slowly, the withdrawals can be horrific and last a long, long time, leaving people wondering why they ever started them in the first place.

These drugs are dangerous. They are being prescribed for everything from hot flashes to fibromyalgia to depression/anxiety....they do more harm than good.

### 3. SSRIs (Prozac): The Unidentified Marriage Killer

<http://www.opednews.com/articles/SSRIs-Prozac--The-Unide-by-Dwight-Black-090509-432.html>

OPed News

By Dwight Black

I recently suffered a huge tragedy in which I can think of no worse fate. My wife was killed by SSRI's (Selective Serotonin Reuptake Inhibitors. Serotonin makes you happy and less agitated. They are known by names such as Citalopram(Celexa), Escitalopram (Lexapro), Fluoxetine (Prozac) (my personal favorite), Fluvoxamine (Luvox), Paroxetine (Paxil), and Sertraline (Zoloft).) She wasn't physically killed, her body is still living, breathing, and acting functional. My daughter is still at her disposal. Her very personality was removed from existence. Everything that she held as a value, has been extinguished. To start with I guess I should set up the scenario. I have been with my wife for 12 years. We have had a happy, committed, trusting, very loving relationship. Everyday the words "I love you" were uttered multiple times a day. I would get kisses on the forehead as she left for work even though she knew that I wouldn't even know it most of the time. We generally had fun and were best friends who were rarely seen apart when out.

This is really the shortened version. Now like every relationship on Earth, we would go through periods of discourse. Basically the same problems that plagued us that plagued many loving relationships. I had communications issues when something bothered me. I would clam up. She had anxiety issues and was

a bit of an obsessive compulsive. These two issues really became a problem with the birth of our daughter. It got to the point that we each sought separate consoling. The marriage wasn't the problem, just our individual issues. If I had known then what I know now.

Almost immediately her doctor prescribed Prozac. "America's happiness in a bottle." It took a few months to kick in. But after a few months, my wife's "edginess" was gone. She was able to say, "Whatever, we'll get to it later" more often. Then the first sign appeared that should have been a red flag. Her godmother, whom she cared very much for, died. She complained to me that, "I can't cry. I can't feel anything. I know I should but I can't." This however preceded the greatest month of our relationship in February. That was despite the fact that Prozac causes libido issues. That month I was regularly being told, "you are the greatest husband a woman could ask for." "I couldn't imagine life without you." The libdo issues were way gone by early March as we were so happy; we started trying to have another kid. That fire flared fast. By mid march she had all the sudden grown distant and I grew suspicious. I did something that I had never done nor felt the need for in the whole 12 years. I checked up on her by checking her text messages. I found text messages that were just things a wife shouldn't be saying to another guy. It was on my daughter's second birthday, so I held on to it, (as I often do) for a few days. Then I dropped it in her lap like a bomb on the 30th of March. That cold silence for two days fueled her new found self esteem. Instead of her thinking "What's wrong" she thought, "How dare he?"

When I approached her about the text message, she transformed before my eyes. The snap that occurred when she was caught doing something that she had always called morally reprehensible. An immediate change came over that was surreal. She immediately told me "I don't deserve you". Then it turned to "I have never loved you." Then she turned on the emotional abuse. There was a hot tub party next door, she went there and I followed. She proceeded to throw herself at the 4 men and women at the party, and verbally berated me. You would not believe how out of character this was for my wife. I was just in a devastated state. This was nothing that appeared like my wife. The night ended with me locking her out of the house, she called the police to force me to let her in, and then in front of the police assaulted me. Never a single act of violence or verbal abuse had occurred in our 12 year relationship. Again, our biggest problem is that I would clam up when something was bothering me. She was arrested and spent the night in jail for domestic violence. I bailed her out the next day figuring it was just a drunken mishap. The anger never stopped. I was completely lost. I had no clue what had happened. I looked all over for the answer. I bought two "how to get you ex back" books that made suggestions that I couldn't use. The main one is to not speak for 30 days. We had a daughter we needed to trade off. I blamed myself for getting too comfortable and letting myself go. She had mentioned this in the run up to the event. But it was a suggestion that was coupled with great love making, so it was hard to take as immediately serious. I kept coming back to the Prozac as the major and unexplainable change. But everywhere I looked, these major mood swings of this nature were not mentioned. Then one day I stumbled upon this website

<http://www.topix.com/forum/drug/effexor/TQ4I2UR28DFD3N759>

I found my story repeated a few dozen times over the course of 16 pages. The stories are told from both the ex-SSRI users and their spouse. Now, you cannot imagine how devastating a marriage that is

broken up in this fashion is to all of the people and families involved. I would rather somebody murdered her. Then I could bury a body, mourn, and move on. I was an intricate part of her family and was a daily staple. They are now also taken from me. We were the couple that walked into a room and lit the place up. Everybody knew we loved each other and we made sure they knew it. To break a bond like that came at a high rate of confusion and depression.

What I didn't know when she started this was how mood altering these things can be and what the dangers were that we should avoid. I never even knew the name of the doctor that prescribed them to her. Nobody told me that alcohol and Prozac are a dangerous combination. My wife was a social alcoholic. In the past it didn't matter because I always took care of her and drove home. Her being drunk made me look really good. She is now a full blown alcoholic. Nobody asked if my wife showed signs of being bi-polar. During my quest, I certainly think it is a possibility. Nobody scheduled appointments with me and asked what I thought of her mood and personality. Nothing, she was just given these pills that feelings of guilt, remorse, love, or consequences for your actions.

Imagine if your own relationship had to go through a rough time when your spouse was void of these emotions. Here is where it gets really frustrating. The patient comes in and says, "I have anxiety can you help?" So the Dr provides Prozac or some other SSRI. A few weeks later the patient comes back and says, "I feel great, no more anxiety and I feel my self esteem is the best it could be." The doctor thinks, "Wow it worked great!" Then a few weeks later, the patient comes back and says, "I realized I never loved my husband and it was because of my anxiety that I stayed with him for more then a decade." Never mind the evidence to the contrary. The doctor never sees the spouse so they assume they just allowed their patient to succeed. What they don't know is that this patient has decided that it is healthier to go out drinking every night, try to have as many sexual partners as they can, and feel nothing for their own offspring. The only thing my daughter is to my wife now seems to be a pawn. She can not wait to get her put down at her mom's house so she can go out drinking. My wife was one of the greatest and most caring mothers in the world. The problem for me was that her original anxiety made her too over protective.

**So what you have is a patient that truly believes they are happier, a doctor who thinks they have a success case, and a patient's family writing off the bazaar personality change as a result of the divorce situation. On the other side you have a spouse and a child who are devastated.** I struggle to pay the attention to my daughter that she needs. It hurts so bad just to feel her love. There is a part of me that considers taking an SSRI just so I can make myself feel happy. Nobody will listen--they think i am being a hurt and angry ex-husband.

#### 4. When happy meds lead to depressing debt — (CreditCards.com)

By Erica Sandberg

Published: November 29, 2012

Reckless spending: A side-effect of antidepressant use

Can antidepressant use spur financial flights of fancy?

Millions suffering from severe depression, anxiety or bipolar disorder find relief with antidepressant medications. Yet while these ameliorants can dramatically improve the way patients feel and function, they may also cause an unexpected and financially devastating reaction: irrational shopping sprees, atypical gambling jaunts and reckless investments.

The Centers for Disease Control and Prevention reports that about 11 percent of people living in the U.S. age 12 and over are currently prescribed antidepressants. If you or a loved one is among them, be alert to unusually compulsive or risky financial behavior -- and know what preventive steps to take if the urge is coming on.

Meds affect financial choices

The number of antidepressant drugs on the market today is vast, from selective serotonin re-uptake inhibitors (SSRIs) with such trade names as Lexapro, Prozac, Paxil, and Zoloft, to serotonin-norepinephrine reuptake inhibitors (SNRIs) including Effexor and Cymbalta.

According to San Diego, Calif.- based psychiatrist David Reiss, any antidepressant and stimulant can trigger hypomania, a psychological state that makes a person feel euphoric. And while a patient may gain such positive effects as being super-confident, creative and outgoing, it can also cause extremely poor judgment concerning money.

Reiss sees many patients through the California Workers Compensation system who have experienced depression due to their injuries and are treated with antidepressants. Among this group, he has noticed a spike in gambling.

"I am now much more aware to listen for and more closely ask how they are spending their time," says Reiss. "Perhaps 20 percent of the time, people who are limited in their activity by physical impairment and finances will tell me that they go once a week or once a month to local casinos," he says. As a result, they can't meet their expenses and assume losses that their disability income cannot support.

My needs were being met by grabbing a credit card. I ended up with closets full of crap. When you're on those drugs you don't care. They cause you to be selfish. It doesn't allow you to see yourself though a proper perspective. -- Wendy Honeycutt, Bellevue, Texas

Many are surprised by what they've done after the euphoria passes, and are shocked and dismayed when they see their credit card bills. "This often triggers guilt and depression," says Reiss.

Grandiose self-perception is also a feature of hypomania, and it too can lead to daredevil actions. "They think they can walk into a casino and win a million dollars," says Soroya Bacchus, a psychiatrist practicing in Los Angeles. "When you're hypomanic, you can do a lot of things mere mortals can't. Or you think you can, anyway."

## Shopping till they're dropping

Besides unrealistic and obsessive betting, the Diagnostic and Statistical Manual of Mental Disorders states that hypomania also may result in "unrestrained buying sprees" and "foolish business investments."

That was true for Wendy Honeycutt of Bellevue, Texas. She had been prescribed antidepressants to help cope after a series of tragic events, including the death of her young son. While medicated, she began to spend and charge recklessly.

"My needs were being met by grabbing a credit card," says Honeycutt. "I ended up with closets full of crap. When you're on those drugs you don't care. They cause you to be selfish. It doesn't allow you to see yourself though a proper perspective. You have a craving for something, but it was more in the purchase. I would order stuff on eBay and Amazon and days later it came in the mail, and I didn't remember buying it. By the time it came I didn't want it anymore."

After Honeycutt ceased her medication, she was nearly \$25,000 in debt.

Sterling, Va., resident Elisa-Ruth Nelson was only on antidepressants for nine months, and during that time was compelled to not just acquire things, but credit cards, especially retail accounts. "They were pretty!" says Nelson, "I amassed so many of them. The Limited, Macy's, Bloomingdales ... I just did what I wanted. I bought St. John suits and Louis Vuitton. Whatever was in the window, I bought it. If the sales girl said I looked good -- I bought it."

When she went off the drugs, says Nelson, "Miraculously, it was over." Debt remained, though, and like Honeycutt, Nelson is using a credit counseling agency's repayment plan to deal with it.

I can't wear heels, yet I bought an entire collection of three-, four-, five-inch heels. With SSRIs, there is no turn-off switch. -- Alesandra Rain, Founder, Point of Return

Stories like Honeycutt's and Nelson's are not at all uncommon, says Alesandra Rain, founder of Point of Return, a nonprofit that helps people find a natural way to address their psychological needs. In fact, she too went on bizarre spending sprees when she was on antidepressants.

"I bought an entire wardrobe of sundresses and I only wear jeans!" says Rain. "I can't wear heels, yet I bought an entire collection of three-, four-, five-inch heels. With SSRIs, there is no turn-off switch. I bought a t-shirt folder -- not one, but three! It was crazy."

Today, Rain and her organization help others identify the side effects associated with antidepressants. "I hear it all the time -- impulsively buying cars, trading stocks, selling in the stock market," says Rain. "One man who owned a \$50 million company was making terrible decisions -- his CEO was trying to talk him out of them -- and it put the company into bankruptcy."

Treat the ailment and remain solvent

If you believe a friend or relative has antidepressant-induced hypomania and is spending, charging or gambling detrimentally, don't just rip away the credit cards. "It will escalate the mood, and if they're bipolar, you risk a bad reaction," says Bacchus. "Ask if you can take them to the doctor. Even the emergency room. They are equipped to handle these situations."

Rain suggests sitting down with the person and calmly asking, "Do you know how much you've changed?" Don't make them wrong. Instead say, "I looked it up and overspending and gambling is a side-effect of the drugs. It must be so uncomfortable for you."

Offering hard evidence can be beneficial, says Laurie Campbell of Croton, Ohio. Campbell had been prescribed Paxil for irritable bowel syndrome, and says her spending was so out of control she drained her 401(k) because of it.

"If someone has a loved one going through this and you know they were prescribed something because they were depressed, print out the information that is out there," she says. "Be firm and say, 'You don't see what is going on with you, but here's what has happened in the last six months before taking this drug.' Do the tough love thing. It might have helped me," says Campbell.

Do you identify the problem in yourself? Tell your prescribing doctor that your spending habits have changed and ask if it could be medication-related. A change may be in order. You may also be able to control your own financial actions before or during a hypomanic state. For example:

Inform trusted friends and family members about the issue. Ask that they tell you if you're sounding or acting unusual, and if they would be willing to talk to you before you make large purchases.

Unsubscribe from your favorite retailers' email advertisements.

Avoid places where you tend to overspend. For example, if you're a "shoe person," do not even enter a shoe store.

Redirect your energy. Write, garden, clean or contact old friends. Use this time in a positive way until the episode has passed.

The bottom line: Any change in antidepressant use has the potential to send some people into a hypomanic episode. It could be just starting the medication, changing the dosage, discontinuing it or even adding something to the mix such as an extra cup of coffee. If you fear the drugs are causing you to make foolish or dangerous financial choices, let your doctor and caring family members know immediately.