research was funded by the very pharmaceutical companies that produce these drugs, producing criticism and scepticism.

Lastly, tricyclics have been linked to dementia. While many studies have investigated this link, Gray et al. (2015) were the first study to use a long-term approach (over seven years) to find that dementias associated with anticholinergics may not be reversible even years after drug use stops. This brings forth the question of whether these drugs should be prescribed at all.

Conclusion

Depression is a complex disorder that is currently best understood by the monoamine hypothesis which implicates dysfunctional signalling in 5HT and NA. Our current drugs can intervene on these pathways in 3 ways: blocking reuptake, blocking the autoreceptor ‘off switch’, or inhibiting the degradation of the monoamines by the monoamine oxidase enzyme. The drugs are not without controversy and side effects which should both be considered when making treatment choices.