



**NEUROTRANSMITTERS  
IMPLICATED IN  
PSYCHIATRIC  
DISORDERS**

**OVERVIEW OF KEY  
NEUROTRANSMITTER  
SYSTEMS**

**Carolyn Harris-Muchell, PhD, PMHCNS-BC, FNP, PMHNP-BC**  
March 2026

# INTRODUCTION

Why  
neurotransmitters  
matter

Chemical  
messengers  
regulating brain  
function

Imbalances  
contribute to  
psychiatric  
symptoms

Targets for many  
psychotropic  
medications

# SEROTONIN OVERVIEW



MOOD, SLEEP, APPETITE,  
EMOTIONAL  
PROCESSING



SYNTHESIZED IN  
RAPHE NUCLEI



MAJOR PATHWAYS:  
MESENCEPHALIC,  
LIMBIC, CORTICAL

# SEROTONIN IN DISORDERS

- Depression
- Anxiety disorders
- OCD
- PTSD
- SSRIs, SNRIs, TCAs

# DOPAMINE OVERVIEW

- Reward, motivation, attention, motor control
- Pathways: mesolimbic, mesocortical, nigrostriatal, tuberoinfundibular

# DOPAMINE IN DISORDERS



Schizophrenia  
(hyperactive mesolimbic;  
hypoactive mesocortical)



Depression (anhedonia)



ADHD



Bipolar disorder

# NOREPINEPHRINE OVERVIEW

- Arousal, alertness, stress response
- Originates in locus coeruleus

# NOREPINEPHRINE IN DISORDERS

- Depression
- Anxiety disorders
- PTSD
- SNRIs, TCAs, MAOIs

# GABA OVERVIEW



**PRIMARY INHIBITORY  
NEUROTRANSMITTER**



**REDUCES NEURONAL  
EXCITABILITY**

# GABA IN DISORDERS



Anxiety disorders



Mood disorders



Panic disorder



Benzodiazepines,  
GABA modulators

# GLUTAMATE & ACETYLCHOLINE



Glutamate: excitation, schizophrenia, depression, bipolar disorder, NMDA modulation



Acetylcholine: attention, learning, memory, depression, schizophrenia

# NEUROPEPTIDES & SUMMARY



Endorphins, substance P:  
stress, pain, reward



Linked to depression,  
addiction, trauma-related  
disorders



Summary of  
neurotransmitter  
dysregulation