

APA Official Actions

Position Statement on Banning of Pharmacy Benefit Management Policies That Require the Provision of Dangerous Quantities of Medications

Approved by the Board of Trustees, December 2025

Approved by the Assembly, November 2025

© Copyright 2025, American Psychiatric Association. All rights, including for text and data mining (TDM), Artificial Intelligence (AI) training, and similar technologies, are reserved.

“Policy documents are approved by the APA Assembly and Board of Trustees. . . These are . . . position statements that define APA official policy on specific subjects. . .” – APA Operations Manual

Issue:

Given the prevalence of suicide in our country, and specifically the prevalence of overdose on prescription medications, pharmacy benefit management (PBM) policies that incentivize the provision of high quantities of medications to patients are dangerous. Placing large quantities of medications in the hands of potentially suicidal patients elevates the risk of a fatal outcome should an overdose be attempted. On the other hand, many patients with depression are on stable doses of antidepressants for years and could benefit greatly from the cost savings offered by PBMs policies for long-term prescriptions.

It is the position of APA that:

Physicians should have flexibility in determining when dispensing of an entire 90-day supply of a medication is clinically dangerous and should offer alternatives that would enable dispensing a 90-day supply in multiple shipments without financial penalty. The treating physician’s determination of the quantity of medication prescribed for the care and health of the patient should outweigh any cost considerations.