1. Diagnosis of Generalized Anxiety Disorder (GAD)

2. Evaluate for comorbidity, suicidality, insomnia, substance abuse, non-compliance, childbearing potential, elderly patient, cultural issues.

3. Treatment

4. PST

5. SSRI/SNRIs: 4-6 week evaluation with adequate dosing.

6. Assessment for Initial Response

7a. Continue treatment for at least one year.

7b. Continue treatment for at least one year.

8. Assessment for Partial Response

9. Hypnotics: non-BZD, non-barbiturate hypnotics, BZDs, trazodone, mirtazapine. Efficacy changes, alternatives. AHI can be added.

10. Augment with AAP or add an BZD, AD, buspirone or diazepam (if available). PST could be added.

11. Switch to another AD (within class or to a different class, SSRI to SNRI or SNRI to SSRI).

12. Assessment for Response

13. Evaluate for significant comorbidity

14. Adequate dose AD or augmentation with buspirone, bupropion or AAP or citalopram. Severe depression may need ECT.

15. Add mood stabilizer, anticonvulsant or AAP. May need laboratory monitoring.

16. For panic disorder, add TCA, SSRI/SNRIs or BZDs; for SAD, add BZDs, SRI, AAP, buspirone, or SNRs; for OCD, add SSRI or CMRs; for PTSD, add SSRI, SRI, AAP or prazosin.

17. Switch to another combination that includes SSRI, SNRI, NaSSa or TCA or add a third drug from another class from other two. PST can also be added.

18. Assessment for Response


KEY: AAP = atypical antipsychotic; AD = antidepressant; AH = antihistamine; BZD = benzodiazepine; CMR = clozapine; ECT = electroconvulsive therapy; GAD = generalized anxiety disorder; LIIV = levomepromazine; NaSSa = nonadrenergic and selective serotonin antidepressant; PST = psychosocial treatment; SAD = social anxiety disorder; SNRI = serotonin and noradrenaline reuptake inhibitor; SSRRI = serotonin reuptake inhibitor; TCA = tricyclic antidepressant.