Chapter 53:

LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Describe the clinical presentation of generalized anxiety, panic, and social anxiety disorders.
2. Explain the pathophysiologic processes underlying the anxiety disorders.
3. Identify medications that may exacerbate or cause symptoms of anxiety.
4. Recommend starting doses of first-line pharmacotherapy options in each anxiety disorder.
5. Design a pharmacotherapy treatment regimen for each anxiety disorder.
6. Recommend the expected duration of treatment for each anxiety disorder.
7. Identify medications that can affect the pharmacokinetics and pharmacodynamics of benzodiazepines.
8. Formulate a plan of how to discontinue pharmacotherapy with antidepressants for each of the anxiety disorders.
9. Develop a plan for discontinuing benzodiazepines in panic disorder.
10. Recommend alternate pharmacotherapy in the management of anxiety disorders resistant to first-line therapy.
11. Create a monitoring plan for a patient treated for a given anxiety disorder based on the treatment regimen.
13. Discuss treatment goals of pharmacotherapy for each of the anxiety disorders.
14. Explain the role of nonpharmacologic therapy in the management of each anxiety disorder.
15. Compare the adverse effects of the different classes of medications used to treat anxiety disorders.