

Anxiety Guidelines for PCP's

Diagnose Anxiety Disorder



Provide psychoeducation and teach diaphragmatic breathing



MILD



MODERATE



SEVERE



CBT



Begin SSRI

Escitalopram*, Sertraline,
Fluoxetine (Discuss potential SE's,
including "box warning" for rare SI)



CBT with SSRI (most effective)
(discuss potential SE's, including
"box warning" for rare SI)



If ineffective

Add SSRI (Ineffective)

Escitalopram*, Sertraline,
Fluoxetine (Discuss potential SE's,
"box warning" for rare SI)



If ineffective

Add CBT (Ineffective)



If ineffective

Try a different SSRI



If ineffective

Try a different SSRI



If ineffective

Try SNRI (Duloxetine* or venlafaxine) or
add alpha agonist, propranolol or
buspirone

(Discuss potential SE's, including "box
warning" for rare SI)



If ineffective

Refer to psychopharmacologist and specialized
treatment