

SUMMARY FOR GENERALIZED ANXIETY DISORDER

<p>Clinical Presentation</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 5%; text-align: center;">A</td><td>Anxious, nervous, or worried on most days about a number of events or activities</td></tr> <tr><td style="text-align: center;">N</td><td>No control over the worry</td></tr> <tr><td style="text-align: center;">D</td><td>Duration of 6 months</td></tr> <tr><td style="text-align: center;">I</td><td>Irritability</td></tr> <tr><td style="text-align: center;">C</td><td>Concentration impairment</td></tr> <tr><td style="text-align: center;">R</td><td>Restlessness</td></tr> <tr><td style="text-align: center;">E</td><td>Energy decreased</td></tr> <tr><td style="text-align: center;">S</td><td>Sleep impairment</td></tr> <tr><td style="text-align: center;">T</td><td>Tension in muscles</td></tr> </table> <p>*Consider ethnic, religious, cultural factors, life event stressors</p>	A	Anxious, nervous, or worried on most days about a number of events or activities	N	No control over the worry	D	Duration of 6 months	I	Irritability	C	Concentration impairment	R	Restlessness	E	Energy decreased	S	Sleep impairment	T	Tension in muscles	<p>Medications associated with Depression</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Anticonvulsants: Carbamazepine, phenytoin</td></tr> <tr><td>Antidepressants: SSRIs, TCAs</td></tr> <tr><td>Antihypertensives: Felodipine, clonidine</td></tr> <tr><td>Corticosteroids: Prednisone</td></tr> <tr><td>Bronchodilators: Salbutamol, theophylline</td></tr> <tr><td>Dopamine agonists: Levadopa</td></tr> <tr><td>Herbals: Ma Huang, ginseng, ephedra</td></tr> <tr><td>Sympathomimetics: Pseudoephedrine, phenylephrine</td></tr> <tr><td>Thyroid hormones: Levothyroxine</td></tr> <tr><td>Others: Elicit substances (marijuana, ecstasy), ibuprofen, antibiotics (quinolones, isoniazid), Toxicity (anticholinergics, antihistamines, digoxin), Withdrawal (Alcohol, sedatives)</td></tr> </table>	Anticonvulsants: Carbamazepine, phenytoin	Antidepressants: SSRIs, TCAs	Antihypertensives: Felodipine, clonidine	Corticosteroids: Prednisone	Bronchodilators: Salbutamol, theophylline	Dopamine agonists: Levadopa	Herbals: Ma Huang, ginseng, ephedra	Sympathomimetics: Pseudoephedrine, phenylephrine	Thyroid hormones: Levothyroxine	Others: Elicit substances (marijuana, ecstasy), ibuprofen, antibiotics (quinolones, isoniazid), Toxicity (anticholinergics, antihistamines, digoxin), Withdrawal (Alcohol, sedatives)
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<p>Assessment:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;"> <ol style="list-style-type: none"> 1. Review of systems 2. PMHx 3. Medications: prescribed, OTC 4. Family Hx: anxiety, mood disorder 5. Social Hx: EtOH use, caffeine intake, illicit drug use 6. Labs: CBC, Lipid profile, lytes, TSH, LFTs, FBG 7. If warranted, urine toxicology screen for substance use </td> </tr> </table>	<ol style="list-style-type: none"> 1. Review of systems 2. PMHx 3. Medications: prescribed, OTC 4. Family Hx: anxiety, mood disorder 5. Social Hx: EtOH use, caffeine intake, illicit drug use 6. Labs: CBC, Lipid profile, lytes, TSH, LFTs, FBG 7. If warranted, urine toxicology screen for substance use 	<p>GAD-7 Tool (mdcalc link)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Score</th> <th>GAD Severity</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">0-4</td> <td>None</td> </tr> <tr> <td style="text-align: center;">5-9</td> <td>Mild anxiety</td> </tr> <tr> <td style="text-align: center;">10-14</td> <td>Moderate anxiety ≥10 possible diagnosis of GAD; confirm by further evaluation</td> </tr> <tr> <td style="text-align: center;">15-21</td> <td>Severe anxiety</td> </tr> </tbody> </table>	Score	GAD Severity	0-4	None	5-9	Mild anxiety	10-14	Moderate anxiety ≥10 possible diagnosis of GAD; confirm by further evaluation	15-21	Severe anxiety																	
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Management (CANMAT GUIDELINES) - Short term (8-12 weeks) vs. Maintenance (>3 months after remission)	
<p>Pharmacotherapy choices</p> <ul style="list-style-type: none"> • Table 24 CANMAT <p>Adjunctive Medications</p>	<ul style="list-style-type: none"> • Consider drug-drug interactions, tolerability, particular side effects • Onset may be delayed: 2-8 weeks for symptom relief/onset <ul style="list-style-type: none"> ○ Increase dose every 1-2 weeks depending on tolerability; consider adjunct or switching agents if no/partial response ○ Will likely need higher doses than used with MDD • Non-pharm: Psychotherapy (CBT), resistance and aerobic training, Bright light therapy not recommended

Monitoring Response - (also take note of Adverse Effects, Functional Quality of Life, Relapse Hx)

Level of Response	Level of Response (% Reduction from Baseline Rating Scale Score)
Response	≥ 50%
Partial Response	25-49%
Remission	Loss of diagnostic status (ie. GAD-7 <5); No functional impairment

*Increase dose every 1-2 weeks depending on tolerability. Delayed onset of 2-8 weeks for symptoms relief/onset