

Generalized Anxiety Disorder Treatment Guide Summary

CONDITION	OPTIONS
If GAD mild to moderate and no comorbid condition	Start with psychotherapy intervention alone
If GAD severe or comorbid condition	Start with psychotherapy intervention + first-line medication* (see Table 4.1 on p. 51) Start with first-line medication alone
Wait 6–8 weeks to assess response, assessing every 2 weeks. If no response or partial response and using first-line medication, titrate every 2 weeks until maximum dose is reached.	
If no response or partial response to psychotherapy intervention alone	Add a first-line medication
If no response or partial response to first-line medication	Add psychotherapy intervention; allow 8–12 weeks for response
If no response or partial response to first-line medication, with or without psychotherapy intervention	Switch to another first-line medication Consider add-on medication (see Table 4.1 on p. 51)
If no response to second first-line medication	Consider add-on medication
If no response to second first-line medication plus add-on medication, with or without psychotherapy intervention	Switch to second-line medication (see Table 4.1 on p. 51)
If no response to 3 medication trials (first-line medications or add-on), with or without psychotherapy intervention	Consider referral
If response	Continue treatment for a minimum of 1 year

*Allow 6–8 week trial at minimum dose, then titrate every 2 weeks until maximum dose.