

APPENDIX 1. Generalized Anxiety Disorder Scale 7 Item (GAD-7)

GAD-7

Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? <i>(Use “✓” to indicate your answer)</i>	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

(For coding: Total Score T_____ = _____ + _____ + _____)

Source: Spitzer RL, Kroenke K, Williams JB, Lowe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. *Arch Intern Med.* 2006;166(10):1092-1097.

APPENDIX 2. Medications For Anxiety Disorders

	Medication	Indications	Side Effects
SSRIs First line	citalopram	All types of anxiety	Headache, irritability, nausea, diarrhea, constipation, insomnia, weight gain, increased anxiety, drowsiness, tremor, dry mouth, sexual dysfunction (fewer GI and sexual side effects for SNRIs) Increased risk of upper GI bleeding (esp when used with NSAIDs) SSRIs: associated with low bone mineral density; increased risk of fracture and hyponatremia QTc prolongation for: citalopram >40mg/d escitalopram >20 mg/d
	escitalopram	All types of anxiety	
	fluoxetine	All types of anxiety	
	paroxetine	All types of anxiety	
	sertraline	All types of anxiety	
SNRIs	venlafaxine XR	All types of anxiety	Monitor blood pressure with venlafaxine at higher doses (risk of hypertensive crisis)
	duloxetine	All types of anxiety	
Tricyclic antidepressants	clomipramine	Panic and social anxiety	Agitation on therapy initiation, confusion, drowsiness, headache, tremors, seizures Anticholinergic side effects: Dry mouth, blurred vision, constipation, nausea, urinary retention, dry skin, rash QTc prolongation
	imipramine	Panic and generalised anxiety	
Azapirone	Buspirone	Generalised anxiety and additive in social anxiety	Nausea, headache, dizziness, restlessness (non-sedating)
Benzodiazepines	Diazepam	All types of anxiety	Sedation, fatigue, ataxia, slurred speech, memory impairment, weakness, dizziness, decreased concentration, falls, withdrawal reactions, rebound
	lorazepam		
Other Antidepressants	mirtazepine	Generalised anxiety and additive in social anxiety	Side effects similar to SSRIs/SNRIs sedation at lower doses, weight gain possible

XR: extended release

Note: if effective, medication should be continued for a minimum of 6 to 12 months

Sources: 1) Jensen BR, L. Anxiety disorder medication: comparison chart. *Rx Files*. 2015. www.rxfiles.ca; **2)** Katzman MA, Bleau P, Blier P, et al. Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders. *BMC psychiatry*. 2014;14 Suppl 1:S1.

