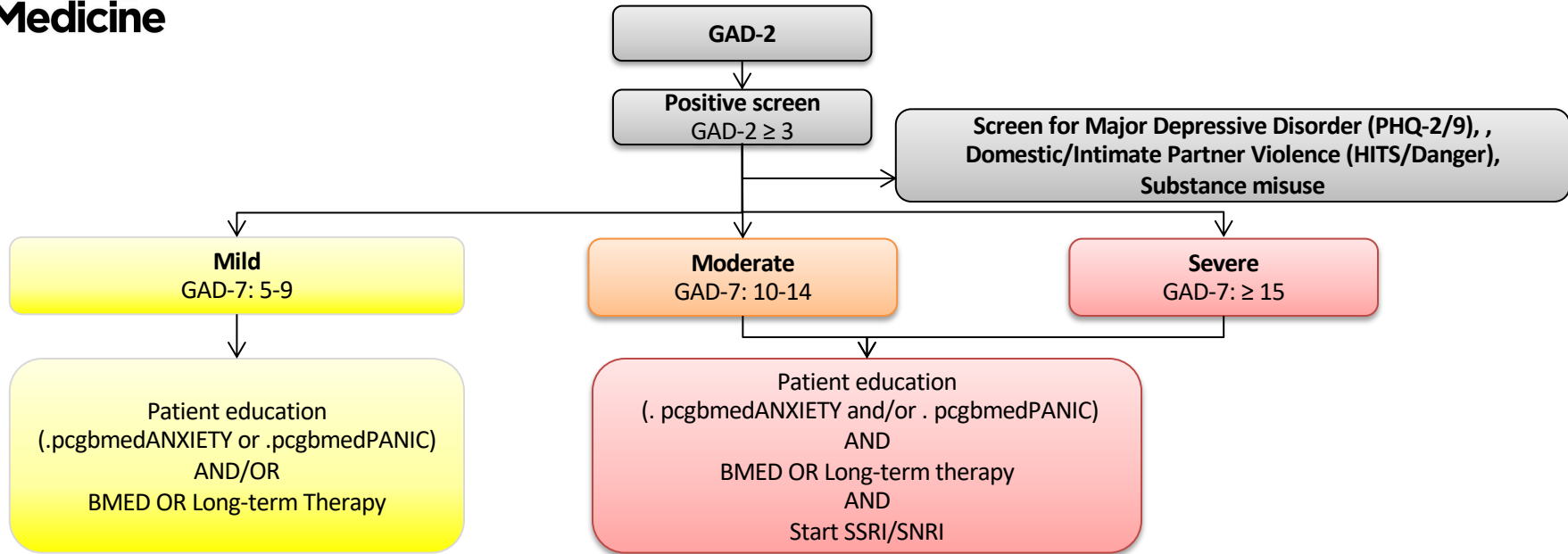


# Adult Anxiety Screening and Management



Escitalopram (Lexapro) 5 mg x 1 wk → 10 mg/d → max 20 mg/d  
 Sertraline (Zoloft) 25 mg/d x 1 wk → 50 mg/d → max 200 mg/d  
 Duloxetine (Cymbalta) 20 mg/d → max 90 mg/d  
 Citalopram (Celexa) 20 mg/d → max 40 mg/d  
 Paroxetine (Paxil) 20 mg/d → max 60 mg/d  
 Venlafaxine ER (Effexor XL) 37.5 mg/d → max 375 mg/d

SSRI First Line. CYP450 2c19. Lower dose needed in 15% of Asians. \$10-60  
 SSRI First Line. CYP450 2d6. Fewer drug interactions. Benzos increase level. Lower dose needed in 10% of Blacks. \$9-20  
 SNRI Second Line (First Line if chronic / neuropathic pain, fibromyalgia). Monitor BP. CYP450 2d6 inhibitor. \$20-80  
 SSRI QTc prolongation (>55yo max 20 mg/d). CYP450 2c19. Lower dose needed in 15% of Asians. \$4-15  
 SSRI Weight gain. Sig withdrawal. Avoid in pregnancy. CYP450 2d6. Lower dose needed in 10% of Blacks. \$4-20  
 SNRI Monitor BP. Sig withdrawal. ↑ 75 mg/d q4-7d. CYP450 2d6. Lower dose needed in 10% Blacks. \$15-40

### Possible diagnoses:

Adjustment Disorder  
 Generalized Anxiety Disorder  
 Social Anxiety Disorder  
 Panic Disorder (see algorithm)  
 Obsessive Compulsive Disorder  
 Phobia  
 PTSD (see algorithm)

