

Lifetime Prevalence

<u>Anxiety Disorders</u>	<u>10-20%</u>
Simple Phobia	10-11% (female)
Social Phobia	2%
Agoraphobia	1-4% (female)
Panic Disorder	1-4% (female)
GAD	5% (female)
OCD	2-3%
PTSD	1-14%

Age of Onset

Simple Phobia	childhood or early adult
Social Phobia	adolescence
Agoraphobia	20's-30's
Panic Disorder	late adolescence to mid 30s
GAD	childhood/adolescence/adult
OCD	adolescence/early adult
PTSD	anytime

Treatments

Medication	Anxiety Disorder
Benzodiazepines	All anxiety disorders for symptomatic treatment
Serotonin Antidepressants (low doses)	Agoraphobia; Panic disorders
Serotonin Antidepressants (antidepressant doses)	PTSD
Serotonin Antidepressants (high doses)	OCD
Beta blockers	Social phobia
Buspirone (Buspar)	GAD

Anti-anxiety Drugs

Drugs	Dose	Half-Life	Duration
<i>Benzodiazepines</i>			
	2-3x/day		
diazepam (Valium)	1-10 mg	30-60 hours	long
lorazepam (Ativan)	2-6 mg	10-20 hours	medium
alprazolam (Xanax)	.25-.5 mg	12-15 hours	medium
chlordiazepoxide (Librium)	10-100 mg	5-15 hours	short
<i>Non-Benzodiazepines</i>			
buspirone (Buspar)	20-30 mg	2-3 hours	short
propranolol (Inderal)	10-80 mg	4 hours	short
clomipramine (Anafranil)	150-250 mg	20-40 hours	long
fluoxetine (Prozac)	40-80 mg	48-72 hours	long

Hypnotics

Drugs	Dose	Half-Life	Duration
flurazepam (Dalmane)	15-30 mg	50-100 hours	long
temazepam (Restoril)	15-30 mg	10-20 hours	medium
triazolam (Halcion)	.25-1.0 mg	2-5 hours	short
zolpidem (Ambien)	5-10 mg	2-3 hours	short