



NEI's Master Psychopharmacology Program

Study Guide: Anxiety Disorders†

Subtopic	Benchmarks (You Should Be Able To)	Recommended Resources
Symptom Presentation and Assessment	<p>Differentiate pathological anxiety from normal anxiety</p> <p>Identify and describe symptoms of each anxiety disorder</p> <p>Identify symptoms that overlap among the different anxiety disorders</p> <p>Identify the unique symptoms that distinguish the different anxiety disorders</p>	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Comparing OCD and Social Anxiety Disorder (video)</p> <p>Unraveling the Brain's Alarm: PTSD Symptoms and Neurobiology (video)</p> <p>Additional Resources**</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapter 2)</p>
Neurobiology of Symptoms	<p>Associate each symptom of anxiety disorders with hypothesized brain regions and circuits</p> <p>Identify major neurotransmitters associated with fear and with worry</p> <p>Explain the steps involved in the normal stress response</p> <p>Explain deviations in the normal stress response under pathological conditions</p> <p>Explain the process of stress sensitization</p> <p>Explain the concepts of fear conditioning and fear extinction</p> <p>Recognize the environmental and genetic factors that can contribute to the development of anxiety disorders</p>	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Unraveling the Brain's Alarm: PTSD Symptoms and Neurobiology (video)</p> <p>Additional Resources**</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapter 1)</p>

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Mechanisms of GABA-ergic Anxiolytics	<p>Identify the four GABA receptor subtypes and explain GABA's effects at each of them</p> <p>Differentiate between the GABA receptors involved in anxiety and those involved in sleep</p> <p>Explain the effects of benzodiazepines at GABA receptors</p> <p>Identify other mechanisms for modulating GABA neurotransmission to target anxiety symptoms</p>	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Additional Resources**</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapter 3)</p>
Clinical Characteristics of GABA-ergic Anxiolytics	<p>Identify currently available GABA-ergic agents with evidence of efficacy in anxiety disorders</p> <p>Identify the effective dose range and general titration requirements for each GABA-ergic anxiolytic</p> <p>Identify notable side effects for each GABA-ergic anxiolytic</p> <p>Identify any contraindications or major drug interactions for each GABA-ergic anxiolytic</p> <p>Identify risks and benefits of long-term use of each GABA-ergic anxiolytic</p>	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Benzodiazepines: When and How to Prescribe (video)</p> <p>Additional Resources**</p> <p>The When, Why, and How of Using Benzodiazepines (video)</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapter 4)</p> <p>NEI Prescribe</p> <p>Anxiolytic medication prescribing information/package inserts.</p>

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Mechanisms of Serotonergic Anxiolytics	<p>Identify pre- and postsynaptic serotonin receptor subtypes and explain serotonin's effects at each of them</p> <p>Explain the consequences of antagonism at serotonin 2A and 2C receptors</p> <p>Explain the consequences of inhibition of the serotonin transporter</p> <p>Explain how serotonin 1A partial agonists have anxiolytic effects</p> <p>Identify the underlying mechanisms behind common side effects of serotonergic anxiolytics</p> <p>Describe how serotonergic agents can modulate BDNF and what relevance this may have to treatment</p>	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Additional Resources**</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapter 3)</p>
Clinical Characteristics of Serotonergic Anxiolytics	<p>Identify currently available serotonergic agents with evidence of efficacy in anxiety disorders</p> <p>Explain the time course of therapeutic versus side effects</p> <p>Describe the clinically relevant receptor binding profiles and hypothesized corresponding clinical effects for each serotonergic anxiolytic</p> <p>Identify the effective dose range and general titration requirements for each serotonergic anxiolytic</p> <p>Differentiate among serotonergic anxiolytics in terms of risk of different side effects</p> <p>Identify any contraindications or major drug interactions for each serotonergic anxiolytic</p> <p>Identify risks and benefits of long-term use of each serotonergic anxiolytic</p>	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Additional Resources**</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapter 4)</p> <p>NEI Prescribe</p> <p>Anxiolytic medication prescribing information/package inserts.</p>

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Treatment Strategies	<ul style="list-style-type: none">Identify appropriate monotherapies for each anxiety disorderIdentify treatment methods for difficult cases of each anxiety disorderIdentify non-pharmacological strategies for the treatment of anxiety disordersRationalize preemptive treatment approaches for fear conditioningRationalize treatment approaches for facilitating fear extinctionIdentify novel mechanisms and strategies being investigated for potential application to anxiety treatment	<p>Learning Activities*</p> <p>Stahl's Essential Psychopharmacology, Chapter 08: Anxiety, Trauma, and Treatment (video)</p> <p>Benzodiazepines: When and How to Prescribe (video)</p> <p>42-Year-Old Transgender Male Who Thinks He Might Need Medication for Depression</p> <p>Clinical Trials and the Utility of Hallucinogenic Drugs (part 3 of 3) (animation)</p> <p>50-Year-Old Veteran With Symptoms of Posttraumatic Stress Disorder</p> <p>Additional Resources**</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>Stahl SM, Grady MM. Stahl's illustrated anxiety, stress, and PTSD. New York, NY: Cambridge University Press; 2010. (Chapters 4–8)</p> <p>NEI Prescribe</p> <p>This Month in Psychopharmacology, Anxiety Articles</p>

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Special Considerations	<p>Identify anxiolytic agents for which dosing recommendations are different for children and/or adolescents than they are for adults</p> <p>Explain recommendations for anxiolytic selection/maintenance in women who are pregnant or breastfeeding</p> <p>Identify anxiolytic agents for which dosing recommendations are different for the elderly than they are for younger adults</p> <p>Identify anxiolytic agents for which dosing recommendations are different for individuals with medical complications</p>	<p>Additional Resources**</p> <p>The Littlest Victims: Optimizing Pediatric Care in Challenging Times (video)</p> <p>Stahl SM. Stahl's essential psychopharmacology, fifth edition. New York, NY: Cambridge University Press; 2021. (Chapter 8)</p> <p>NEI Prescribe</p> <p>Anxiolytic medication prescribing information/package inserts.</p> <p>This Month in Psychopharmacology, Anxiety Articles</p>

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