

MEDICATIONS

This chart lists the names of drugs commonly prescribed for anxiety disorders, the disorder for which they're indicated, and how they are thought to work.

NOTE: The information in this table applies to the treatment of anxiety disorders in adults age 18 and older, not to the treatment of these conditions in children and adolescents.

KEY

GAD = Generalized anxiety disorder
 OCD = Obsessive-compulsive disorder
 PD = Panic disorder
 PTSD = Posttraumatic stress disorder
 SAD = Social anxiety disorder

* Generic commercially available
 † FDA approved for the treatment of one or more anxiety disorders

DRUG CLASS	BRAND NAME	GENERIC NAME	TARGET ANXIETY DISORDER	HOW IT'S THOUGHT TO WORK
Antidepressants				
Selective Serotonin Reuptake Inhibitors (SSRIs)	Celexa Lexapro † Luvox † Luvox CR † Paxil * † Prozac * † Zoloft †	Citalopram Escitalopram Fluvoxamine Paroxetine Fluoxetine Sertraline	PD, OCD, SAD, GAD, PTSD	Affects the concentration and activity of the neurotransmitter serotonin, a chemical in the brain thought to be linked to anxiety disorders.
Tricyclic Antidepressants (TCAs)	Adapin * Anafranil * Aventyl * Elavil * Ludiomil * Norpramin * Pamelor * Sinequan * Surmontil * Tofranil * Vivactil *	Doxepin Clomiprimine Nortriptyline Amitriptyline Maprotiline Desipramine Nortriptyline Doxepin Trimipramine Imipramine Protriptyline	PD, PTSD, GAD, OCD (Anafranil only)	Affects the concentration and activity of the neurotransmitters serotonin and norepinephrine, chemicals in the brain thought to be linked to anxiety disorders.
Monoamine Oxidase Inhibitors (MAOIs)	Marplan * Nardil * Parnate *	Isocarboxid Phenelzine Tranylcypromine	PD, SAD, PTSD	Blocks the effect of an important brain enzyme, preventing the breakdown of serotonin and norepinephrine.
Other Antidepressants	Cymbalta Desyrel * Effexor † Remeron	Duloxetine Trazodone Venlafaxine Milnacipran	PD, OCD, SAD, GAD, PTSD (sparse data for PTSD)	Affects the concentration of the neurotransmitters serotonin and/or norepinephrine, chemicals in the brain thought to be linked to anxiety disorders.
	Wellbutrin	Bupropion	No current indication for any anxiety disorder. Depression, possibly ADHD	Exact mechanism unknown; effects may be mediated through the neurotransmitters norepinephrine and dopamine.

The information above is for educational purposes only. Talk to your doctor if you have questions or are experiencing side effects with a medication. Updated 12/09 by the Anxiety Disorders Association of America.

Anxiolytics				
Azapirones	BuSpar * †	Buspirone	GAD	Enhances the activity of serotonin.
Benzodiazepines	Ativan * Dalmane * Klonopin * † Halcion * Librium * Restoril * Serax * Tranxene * Valium * Xanax * †	Lorazepam Flurazepam Clonazepam Triazolam Chlordiazepoxide Temazepam Oxazepam Clorazepate Diazepam Alprazolam	GAD, SAD, PD	Exact mechanism unknown; some research shown to enhance the function of gamma aminobutyric acid (GABA).
Antihistamines	Atarax, Vistaril *	Hydroxyzine	GAD	Sedative effects through blockade of histamine receptors in the brain.
Anticonvulsants			Augmentation therapy	These medications may be added when symptoms respond partially to another medication to increase the overall response to treatment.
	Gabitril Neurontin	Tiagabine Gabapentin		Enhances the function of GABA.
	Depakote * Lamictal Topimax	Valproate Lamotrigine Topiramate		Exact mechanisms unknown; possible effects include enhancing or inhibiting effects of neurotransmitters associated with anxiety and blockade of sodium channels in the brain.
Noradrenergic Agents				
Beta Blockers	Inderal * Tenormin *	Propranolol Atenolol Prazosin	Performance anxiety, possibly PD	Blocks receptors associated with physiologic symptoms of anxiety.
Alpha Blocker	Minipress *	Prazosin	PTSD (nightmares)	
	Catapres Tenex	Clonidine Guanfacine	Some evidence in PTSD, anticipatory anxiety	
Atypical Antipsychotics			Augmentation therapy	These medications may be added when symptoms respond partially to another medication to increase the overall response to treatment.
	Abilify Geodon Risperdal Seroquel Zyprexa	Aripiprazole Ziprasidone Risperidone Quetiapine Olanzapine		Affects the concentration and activity of the neurotransmitter serotonin, a chemical in the brain thought to be linked to anxiety disorders.

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