

## **How patients with anxiety disorders are treated in specialized care.**

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Pharmacotherapeutic guidelines are strongly promoted by administrators and peer bodies, but little is known to what extent they correspond with everyday prescribing practice. In this presentation a new pharmacoepidemiological study is reported and the results are compared to the WFSBP treatment guideline 2008.

We merged data on dispensed medications from the Swedish Prescribed Drug Register, with the identities of psychiatric patients in the National Patient Register. All medications prescribed to patients with a primary diagnosis of Generalized Anxiety Disorder (GAD; ICD-10 F41.1) in the year 2006 were identified and analyzed.

Treatment guidelines are based mostly on results from phase III trials for which symptomatic volunteers have been recruited, and usually with no somatic or psychiatric comorbid conditions. The value of the guidelines is supported by our findings of prescribing consistency in the majority of all regular outpatients.

The utility of pharmacotherapy in patients with both morbid anxiety and concurrent somatic and psychiatric comorbidity can be studied in naturalistic comprehensive collaborative programs that bridge primary and specialized care.