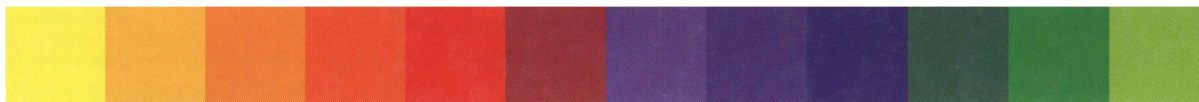


CNS SPECTRUMS[®]

The International Journal of Neuropsychiatric Medicine



ACADEMIC SUPPLEMENT

Recommendations for the Long-Term Treatment of Anxiety Disorders

Introduction

J. Zohar

Long-Term Treatment of Obsessive-Compulsive Disorder in Adults

*J.H. Greist, B. Bandelow, E. Hollander, D. Marazziti,
S.A. Montgomery, D.J. Nutt, A. Okasha, R.P. Swinson, and J. Zohar*

Long-Term Treatment of Panic Disorder

*M.H. Pollack, C. Allgulander, B. Bandelow, G. Cassano,
J.H. Greist, E. Hollander, D.J. Nutt, A. Okasha, and R.P. Swinson*

Long-Term Treatment of Posttraumatic Stress Disorder

*D.J. Stein, B. Bandelow, E. Hollander, D.J. Nutt, A. Okasha,
M. Pollack, R.P. Swinson, and J. Zohar*

Long-Term Treatment of Social Phobia

*M. van Ameringen, C. Allgulander, B. Bandelow, J.H. Greist, E. Hollander,
S.A. Montgomery, D.J. Nutt, A. Okasha, M.H. Pollack, D.J. Stein, and R.P. Swinson*

Long-Term Treatment of Generalized Anxiety Disorder

*C. Allgulander, B. Bandelow, E. Hollander, S.A. Montgomery,
D.J. Nutt, A. Okasha, M.H. Pollack, D.J. Stein, and R.P. Swinson*

Faculty Affiliations and Disclosure

Dr. Allgulander is senior lecturer and associate professor of psychiatry at the Karolinska Institutet and head of the Neurotec Department, Division of Psychiatry, at Huddinge University Hospital in Stockholm, Sweden. He is a member of the World Council of Anxiety and a principal investigator for phase II and phase III studies for GlaxoSmithKline, Lundbeck, Pfizer, and Wyeth.

Dr. Bandelow is professor in the Department of Psychiatry and Psychotherapy at the University of Goettingen in Germany. He receives grant/research support from GlaxoSmithKline; is on the scientific advisory board of AstraZeneca, Bayer AG, Bristol-Myers Squibb, Fujisawa, Eli Lilly, GlaxoSmithKline, Lundbeck, Parke-Davis, Pfizer, Sanofi-Synthelabo, and Wyeth; and is on the Speaker's Bureau for Aventis, AstraZeneca, Bayer AG, Boehringer-Ingelheim, Bristol-Myers-Squibb, Cilag, Eli Lilly, GlaxoSmithKline, Janssen, Lundbeck, Meiji-Seiko, Novartis, Organon, Parke-Davis, Pfizer, Pharmacia, Roche, Sanofi-Synthelabo, Solvay, and Wyeth.

Dr. Cassano is professor of psychiatry in the Department of Psychiatry, Neurobiology, Pharmacology, and Biotechnology in the Section of Psychiatry at the University of Pisa in Italy. He reports no financial, academic, or other support for this work.

Dr. Greist is clinical professor of psychiatry at the University of Wisconsin, distinguished senior scientist at the Madison Institute of Medicine, and CEO at Healthcare Technology Systems, Inc., all are in Madison, Wisconsin. He has received grants/research support from Abbott, Forest, GlaxoSmithKline, Janssen, Eli Lilly, Organon, Pfizer, Sanofi-Synthelabo, Solvay, and Wyeth; is a consultant for Bristol-Myers Squibb, GlaxoSmithKline, Eli Lilly, Organon, Pfizer, Sanofi-Synthelabo, Solvay, and Wyeth; and is on the Speaker's Bureau for Bristol-Myers Squibb, Forest, GlaxoSmithKline, Hoffman-La Roche, Eli Lilly, Novartis, Organon, Pfizer, Solvay, and Wyeth.

Dr. Hollander is professor of psychiatry and director of the Seaver Center and New York Autism Center of Excellence, the Clinical Psychopharmacology Unit, Compulsive, and the Impulsive and Anxiety Disorders Program, all at Mount Sinai School of Medicine in New York City. He has received research grants from Abbott, Eli Lilly, Forest, Pfizer, Solvay, and Wyeth; is a consultant for Abbott, Bristol-Myers Squibb, Solvay, and Wyeth; and is a speaker for Abbott, Forest, GlaxoSmithKline, and Wyeth.

Dr. Marazziti is professor of psychiatry at the Department of Psychiatry, Neurobiology, Pharmacology, and Biotechnology in the Section of Psychiatry University of Pisa in Italy. She reports no financial, academic, or other support of this work.

Dr. Montgomery is emeritus professor at Imperial College School of Medicine in London, England. He has been consulted by Abbott, Almirall, AstraZeneca, GlaxoSmithKline, Johnson & Johnson, Lilly, Lundbeck, Merck, Merz, Novartis, Organon, Orion, Pfizer, Pierre Fabre, Sanofi, Servier, Solvay, Vela, and Wyeth.

Dr. Nutt is professor of psychopharmacology in the Psychopharmacology Unit at the University of Bristol School of Medical Sciences in the United Kingdom. He is a consultant for Esteve, GlaxoSmithKline, Janssen, Lundbeck, MSD, Servier, Solvay, and Wyeth, and has received honoraria from AstraZeneca, Organon, Pierre Fabre, and Wyeth.

Dr. Okasha is director of the World Health Organization Collaborating Center for Training and Research at the Institute of Psychiatry, Ain Shams University in Cairo, Egypt, and president of the World Psychiatric Association. He reports no financial, academic, or other support for this work.

Dr. Pollack is director of the Center for Anxiety and Traumatic Stress-Related Disorders at Massachusetts General Hospital and associate professor of psychiatry at Harvard University School of Medicine, both in Boston. He has received grant/research support from Forest, GlaxoSmithKline, Janssen, Eli Lilly, Pfizer, UCB Pharma, and Wyeth, and is on the Scientific Advisory Boards of Cephalon, GlaxoSmithKline, Janssen, Novartis, Pfizer, UCB Pharma, and Wyeth.

Dr. Stein is director of the Medical Research Council Research Unit on Anxiety Disorders at the University of Stellenbosch, Cape Town, in Tygerberg, South Africa, and associate professor at the University of Florida in Gainesville. He has received research grants and/or consultancy honoraria from AstraZeneca, Eli Lilly, GlaxoSmithKline, Lundbeck, Orion, Pfizer, Pharmacia, Roche, Solvay, and Wyeth. The MRC Unit on Anxiety Disorders is supported by each of the pharmaceutical companies with an interest in psychiatry in South Africa.

Dr. Swinson is professor and chair of Psychiatry and Behavioral Neurosciences and Morgan Firestone Chair of Psychiatry at McMaster University, and psychiatrist in chief at St Joseph's HealthCare, in Hamilton, Ontario. He has received honoraria or research grants from Ciba-Geigy, GlaxoSmithKline, Lundbeck, Pfizer, Upjohn, and Wyeth.

Dr. van Ameringen is co-director of the Anxiety Disorders Clinic and associate professor in the Department of Psychiatry and Behavioral Neurosciences at McMaster University in Hamilton, Ontario. He is a consultant for Cephalon, GlaxoSmithKline, Janssen, Novartis, Pfizer, Solvay, and Wyeth; has received research grants from AstraZeneca, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Janssen, Lundbeck, Pfizer, and Wyeth; and is on the Speaker's Bureau for GlaxoSmithKline and Pfizer.

Dr. Zohar is professor of psychiatry at Chaim Sheba Medical Center in the Division of Psychiatry in Tel-Hashomer, Israel. He reports no financial, academic, or other support for this work.

Disclaimer

This academic supplement is supported via an unrestricted educational grant from Pfizer Inc. Sponsorship of this review does not imply the sponsor's agreement with the views expressed herein.

Although every effort has been made to ensure that drug doses and other information are presented accurately in this publication, the ultimate responsibility rests with the prescribing physician. Neither the publisher, the sponsor, nor the authors can be held responsible for errors or for any consequences arising from the use of information contained herein. Readers are strongly urged to consult any relevant primary literature. No claims or endorsements are made for any drug or compound currently under clinical investigation.

In an effort to allow for the widest distribution of these guidelines, the authors have modified the originally printed material to more closely conform to the limitations of product labeling. For many of the drugs discussed herein, initiation at lower doses may increase tolerability and efficacy.

CNS SPECTRUMS®

The International Journal of Neuropsychiatric Medicine

EDITOR

Jack M. Gorman, MD
Mount Sinai School of Medicine
New York, NY

ASSOCIATE AND FOUNDING EDITOR

Eric Hollander, MD
Mount Sinai School of Medicine
New York, NY

INTERNATIONAL EDITOR

Joseph Zohar, MD
Chaim Sheba Medical Center
Tel-Hashomer, Israel

ASSOCIATE INTERNATIONAL EDITORS

EUROPE

Donatella Marazziti, MD
University of Pisa
Pisa, Italy

MID-ATLANTIC

Dan J. Stein, MD, PhD
University of Stellenbosch
Tygerberg, South Africa

FAR EAST

Shigeto Yamawaki, MD, PhD
Hiroshima University School
of Medicine
Hiroshima, Japan

BOARD OF ADVISORS

NEUROLOGISTS

Mitchell F. Brin, MD
University of California, Irvine
Irvine, CA
Jeffrey L. Cummings, MD
University of California, Los Angeles
Los Angeles, CA

Jerome Engel, Jr., MD, PhD
University of California, Los Angeles
Los Angeles, CA

Mark S. George, MD
Medical University of South Carolina
Charleston, SC

Richard B. Lipton, MD
Albert Einstein College of Medicine
Bronx, NY

C. Warren Olanow, MD, FRCPC
Mount Sinai School of Medicine
New York, NY

Steven George Pavlakis, MD
Maimonides Medical Center
Brooklyn, NY

Stephen D. Silberstein, MD, FACP
Thomas Jefferson University
Philadelphia, PA

Michael Trimble, MD, FRCP, FRPsych
National Hospital for Neurology
and Neurosurgery
London, United Kingdom

PSYCHIATRISTS

Margaret Altemus, MD
Cornell University Medical College
New York, NY

Dennis S. Charney, MD
National Institute of Mental Health
Bethesda, MD

Dwight L. Evans, MD
University of Pennsylvania
Philadelphia, PA

Siegfried Kasper, MD
University of Vienna
Vienna, Austria

Martin B. Keller, MD
Brown Medical School
Providence, RI

Lorrin M. Koran, MD
Stanford University School of Medicine
Stanford, CA

Yves Lecrubier, MD
Hôpital de la Salpêtrière
Paris, France

Herbert Y. Meltzer, MD
Vanderbilt University Medical Center
Nashville, TN

Stuart A. Montgomery, MD
St. Mary's Hospital Medical School
London, United Kingdom

Charles B. Nemeroff, MD, PhD
Emory University School of Medicine
Atlanta, GA

Humberto Nicolini, MD, PhD
National Mexican Institute of Psychiatry
Mexico City, Mexico

Katharine Phillips, MD
Brown Medical School
Providence, RI

Harold A. Pincus, MD
Western Psychiatric Institute & Clinic
RAND-University of Pittsburgh Health
Institute, Pittsburgh, PA

Scott L. Rauch, MD
Massachusetts General Hospital
Charlestown, MA

Alan F. Schatzberg, MD
Stanford University School of Medicine
Stanford, CA

Stephen M. Stahl, MD, PhD
University of California, San Diego
La Jolla, California

Norman Sussman, MD, DFAPA
New York University Medical School
New York, NY

Karen Dineen Wagner, MD, PhD
The University of Texas Medical Branch
Galveston, Texas

Herman G.M. Westenberg, MD
University Hospital Utrecht
Utrecht, The Netherlands

Stuart C. Yudofsky, MD
Baylor College of Medicine
Houston, TX

MBL COMMUNICATIONS Corporate Staff

CEO & PUBLISHER

Darren L. Brodeur

ASSOCIATE PUBLISHER

Elizabeth Katz

MANAGING EDITOR

Christopher Naccari

SENIOR EDITOR

Deborah Hughes

DEPUTY SENIOR EDITOR

José R. Ralat

ACQUISITIONS EDITOR

Lisa Arrington

ASSISTANT ACQUISITIONS EDITOR

Eileen S. Seligman

EDITORIAL ASSISTANT

Shelley Wong

PRODUCTION MANAGER

Lila Moses

GRAPHIC DESIGNER

Anthony J. Korsak

CONTROLLER

John Spano

NATIONAL ACCOUNT MANAGER

Kelly J. Staley

CME PROJECTS DIRECTOR

Chris Van Denburg

OFFICE MANAGER

Claudette Crawford

OFFICE ASSISTANT

Manuel Pavón

INFORMATION TECHNOLOGY

Adam Bolt

CORPORATION COUNSEL

Lawrence Ross, Esq.

Bressler, Amery, and Ross

EDITORIAL MISSION

CNS Spectrums' editorial mission is to address relevant neuropsychiatric topics, including the prevalence of comorbid diseases among patients, and original research and reports that emphasize the profound diagnostic and physiologic connections made within the neurologic and psychiatric fields. The journal's goal is to serve as a resource to psychiatrists and neurologists seeking to understand and treat disturbances of cognition, emotion, and behavior as a direct consequence of central nervous system disease, illness, or trauma.

CNS SPECTRUMS®

The International Journal of Neuropsychiatric Medicine

Table of Contents

August 2003

Volume 8 - Number 8 - Academic Supplement 1

Based on Proceedings of the World Council of Anxiety Meeting Held September 2000, in Pisa, Italy

- 5 Introduction: WCA Recommendations for the Long-Term Treatment of Anxiety Disorders**
By Joseph Zohar, MD
- 7 Long-Term Treatment of Obsessive-Compulsive Disorder in Adults**
By John H. Greist, MD, Borwin Bandelow, MD, Eric Hollander, MD, Donatella Marazziti, MD, Stuart A. Montgomery, MD, David J. Nutt, MD, Ahmed Okasha, MD, PhD, Richard P. Swinson, MD, FRCPC, FRCPsych, DPM, and Joseph Zohar, MD
- 17 Long-Term Treatment of Panic Disorder**
By Mark H. Pollack, MD, Christer Allgulander, MD, Borwin Bandelow, MD, Giovanni B. Cassano, MD, John H. Greist, MD, Eric Hollander, MD, and David J. Nutt, MD
- 31 Long-Term Treatment of Posttraumatic Stress Disorder**
By Dan J. Stein, MD, PhD, Borwin Bandelow, MD, Eric Hollander, MD, David J. Nutt, MD, Ahmed Okasha, MD, PhD, Mark H. Pollack, MD, Richard P. Swinson, MD, FRCPC, FRCPsych, DPM, and Joseph Zohar, MD
- 40 Long-Term Treatment of Social Phobia**
By Michael van Ameringen, MD, FRCPC, Christer Allgulander, MD, Borwin Bandelow, MD, John H. Greist, MD, Eric Hollander, MD, Stuart A. Montgomery, MD, David J. Nutt, MD, Ahmed Okasha, MD, PhD, Mark H. Pollack, MD, Dan J. Stein, MD, PhD, and Richard P. Swinson, MD
- 53 Long-Term Treatment of Generalized Anxiety Disorder**
By Christer Allgulander, MD, Borwin Bandelow, MD, Eric Hollander, MD, Stuart A. Montgomery, MD, David J. Nutt, MD, Ahmed Okasha, MD, PhD, Mark H. Pollack, MD, Dan J. Stein, MD, PhD, and Richard P. Swinson, MD

CNS Spectrums is an *Index Medicus* journal and is available on MEDLINE under the citation *CNS Spectr.*

It is also indexed by DIALOG, EMBASE/Excerpta Medica, OVID, Lexis-Nexis, and SilverPlatter.

CNS Spectrums is the official journal of the International Neuropsychiatric Association with members in 30 countries.

CNS Spectrums®

(ISSN 1092-8529)

is published monthly by MBL Communications, Inc. 333 Hudson Street, 7th Floor New York, NY 10013

One year subscription rates:
domestic \$120;
foreign \$185;
in-training \$75.
For subscriptions:
Fax 212-328-0600
or visit our Web site:
www.cnsspectrums.com

Postmaster:
Send address changes to
CNS Spectrums
c/o PPS Medical Marketing Group
264 Passaic Avenue
Fairfield, NJ 07004-2595

Opinions and views expressed by authors are their own and do not necessarily reflect the views of the publisher, MBL Communications, Inc., or the editorial advisory board.

CNS Spectrums® is a registered trademark of **CNS Spectrums, LLC**, New York, NY.

Permission to reproduce articles in whole or part must be obtained in writing from the publisher.

MBL
communications

Copyright ©2003 by MBL Communications, Inc. All rights reserved.
Printed in the United States.