

Questions to be answered

Definition, clinical features, and classifications

- What is the definition of anxiety as a symptom/syndrome?
- What is the definition of anxiety as a specific clinical profile?
- How are anxiety disorders classified?

Diagnostic criteria

- What are the diagnostic criteria of the different anxiety disorders?
- What are the criteria for suspecting anxiety disorders?
- What studies should be done initially with adults suspected to suffer anxiety disorders in order to allow early detection?
- Are there key questions that could help Primary Care professionals to detect anxiety disorders in patient interviews?
- What are the differential diagnoses to be taken into account?

Treatment

- What is the most effective treatment for generalized anxiety disorder?
- What is the most effective treatment for panic disorders?
- What is the most effective treatment for panic attacks?

Information/communication with patients

- What is the basic information that should be given to patients with anxiety disorders?
- What is the basic information that should be given to the families of patients with anxiety disorders?
- What is the best way to inform patients of their disorders?

Diagnostic and therapeutic strategies

- What are the steps to be followed in response to an anxiety disorder (GAD, PD, and panic attack)?
- What are the criteria for referral from Primary Care to Mental Health?

Dissemination and implementation

- What is the strategy to distribute and implement the guideline?
- What are the indicators for tracking the key recommendations?

REFERENCE: Guideline development Group of the Clinical Practice Guideline for the Treatment of Patients with Anxiety Disorders in Primary Care. Clinical Practice Guideline for the Treatment of Patients with Anxiety Disorders in Primary Care Madrid: National Plan for the NHS of the MSC. Health Technology Assessment Unit. Lain Entralgo Agency. Community of Madrid; 2008. Clinical Practice Guideline: UETS N° 2006/10.