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Wolters Kluwer

# Society guideline links: Anxiety and anxiety disorders in adults

## Introduction

This topic includes links to society and government-sponsored guidelines from selected countries and regions around the world. We will update these links periodically; newer versions of some guidelines may be available on each society's website. Some societies may require users to log in to access their guidelines.

The recommendations in the following guidelines may vary from those that appear in UpToDate topic reviews. Readers who are looking for UpToDate topic reviews should use the UpToDate search box to find the relevant content.

Links to related guidelines are provided separately. (See "[Society guideline links: Anxiety and trauma-related disorders in children](#)".)

## International

- [World Federation of Societies of Biological Psychiatry \(WFSBP\): Guidelines for treatment of anxiety, obsessive-compulsive and posttraumatic stress disorders – Version 3. Part I: Anxiety disorders \(2022\)](#)
- [World Health Organization \(WHO\): Guidelines for the management of conditions specifically related to stress \(2013\)](#)
- [WHO: Guideline for pharmacological treatment of mental disorders in primary health care \(2009\)](#)

## Canada

- [Canadian Paediatric Society \(CPS\): Position statement on selective serotonin reuptake inhibitors or serotonin-norepinephrine reuptake inhibitors in pregnancy – Infant and childhood outcomes \(2021\)](#)
  - [Choosing Wisely Canada: Don't routinely continue benzodiazepines initiated during an acute care hospital admission without a careful review and plan of tapering and discontinuing, ideally prior to hospital discharge \(2021\)](#)
  - [Choosing Wisely Canada: Don't prescribe or dispense benzodiazepines without building a discontinuation strategy into the patient's treatment plan \(except for patients who have a valid indication for long-term use\) \(2020\)](#)
  - [Anxiety Disorders Association of Canada \(ADAC\): Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders \(2014\)](#)
  - [Canadian Network for Mood and Anxiety Treatments \(CANMAT\): Task force recommendations for the management of patients with mood disorders and comorbid anxiety disorders \(2012\)](#)
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## United States

- [US Preventive Services Task Force \(USPSTF\): Final recommendation statement on anxiety disorders in adults – Screening \(2023\)](#)
- [Association of Women's Health, Obstetric and Neonatal Nurses \(AWHONN\): Position statement on perinatal mood and anxiety disorders \(2022\)](#)
- [Women's Preventive Services Initiative \(WPSI\): Recommendation on screening for anxiety in adolescent and adult women \(2020\)](#)
- [US Department of Veterans Affairs/Department of Defense \(VA/DoD\): Clinical practice guideline for the management of posttraumatic stress disorder and acute stress disorder \(2017\)](#)
- [American Psychiatric Association \(APA\): Practice guideline for the treatment of patients with panic disorder, 2nd edition \(2009\)](#)
  - [APA: Treating panic disorder – A quick reference guide \(2009\)](#)

## United Kingdom

- [National Institute for Health and Care Excellence \(NICE\): Medical technologies guidance on Alpha-Stim AID for anxiety disorders \(2021\)](#)
- [NICE: Clinical guideline on generalised anxiety disorder and panic disorder in adults – Management \(2011, updated 2020\)](#)
- [NICE: Guideline on post-traumatic stress disorder \(2018\)](#)
- [British Association for Psychopharmacology \(BAP\): Guidelines for evidence-based pharmacological treatment of anxiety disorders, post-traumatic stress disorder and obsessive-compulsive disorder \(2005, revised 2014\)](#)
- [NICE: Quality standard on anxiety disorders \(2014\)](#)
- [NICE: Clinical guideline on social anxiety disorder – Recognition, assessment and treatment \(2013\)](#)

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## India

- [Indian Psychiatric Society \(IPS\): Clinical practice guidelines for cognitive-behavioral therapies in anxiety disorders and obsessive-compulsive and related disorders \(2020\)](#)
- [IPS: Clinical practice guidelines for geriatric anxiety disorders \(2018\)](#)
- [IPS: Clinical practice guidelines for the management of generalised anxiety disorder \(GAD\) and panic disorder \(PD\) \(2017\)](#)

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## Australia–New Zealand

- [New Australian clinical practice guidelines for diagnosing and managing work-related mental health conditions in general practice \(2019\)](#)
- [Royal Australian and New Zealand College of Psychiatrists \(RANZCP\): Clinical practice guidelines for the treatment of panic disorder, social anxiety disorder and generalised anxiety disorder \(2018\)](#)

## Japan

- [In Japanese] [Japanese Society of Anxiety and Related Disorders \(JSARD\)/Japanese Society of Neuropsychopharmacology \(JSNP\): Clinical practice guidelines for social anxiety disorder \(2021\)](#)

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