

Updated concepts in the management of anxiety disorders

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Anxiety disorders represent a great challenge to most of psychiatrists. The classic pharmacological interventions have their limitations, ranging from high dependence potential up to cognitive impairment and lack of long-term efficacy. Not all antidepressants have proven effectiveness in the management of anxiety, but results of some of SSRIs and the SNRI (Venlafaxine) are quite beneficial, being effective in both acute and long-term maintenance.