

Generalized Anxiety Disorder

a mental condition characterized by excessive or unrealistic anxiety about two or more aspects of life (work, social relationships, financial matters, etc.), accompanied by symptoms such as increased muscle tension, impaired concentration, and insomnia.

ANXIETY



Cognitive behavioral Therapy

CBT for GAD can include techniques such as:

- **Cognitive restructuring:** Learning to recognize irrational or unhelpful beliefs and reframe them
- **Relaxation:** Learning relaxation techniques to manage anxiety
- **Worry exposure:** Experimenting with new behaviors and emotions
- **Behavior modification:** Learning to modify behaviors that contribute to anxiety
- **Problem solving:** Learning problem-solving skills to manage anxiety
- **Functional analysis:** Identifying where, when, and how often anxious responses are triggered

CBT is considered the gold-standard of treatment for GAD. It can be used with or without the inclusion of anxiolytics.

Medications

There are several FDA-approved medications for generalized anxiety disorder (GAD), including antidepressants, benzodiazepine sedative/tranquilizers:

Antidepressants

These include selective serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors.

- **Escitalopram (Lexapro):** An SSRI with a usual initial dosage of 10 mg daily
- **Paroxetine (Paxil):** An SSRI with a usual initial dosage of 20 mg daily
- **Duloxetine (Cymbalta):** An antidepressant used to treat GAD
- **Venlafaxine (Effexor XR):** An antidepressant used to treat GAD

Benzodiazepine sedative/tranquilizers

These medications slow down the central nervous system to produce an anti-anxiety effect. Alprazolam (Xanax) is the only benzodiazepine formally approved by the FDA for GAD treatment.

DaylightRx



DaylightRx is a digital therapeutic treatment, approved by the FDA, designed to specifically treat Generalized Anxiety Disorder by utilizing cognitive behavioral therapy techniques to help patients change their thoughts and behaviors that contribute to chronic worry and anxiety; it is essentially a prescription-based app that delivers CBT lessons to manage GAD symptoms.

Key points about DaylightRx:

Focus on GAD:

It is specifically designed to target the symptoms of Generalized Anxiety Disorder.

CBT-based:

The treatment is based on evidence-based cognitive behavioral therapy techniques.

Digital format:

It is delivered through a digital platform, accessible via a smartphone or computer.

Prescription required:

To access DaylightRx, a prescription from a healthcare professional is needed.