Having generalized anxiety disorder (GAD) can be very difficult. This condition causes the patients to excessively worry about things out of their control or are challenging to control (Carl et al., 2019). This condition is often treated with pharmacologic agents such as serotonergic reuptake inhibitors (SRI), benzodiazepine, non-benzodiazepine, non-barbiturates, and non- pharmacological approaches such as therapy and cognitive-behavioral therapy (CBT), biofeedback, and relaxation training (Garakani et al., 2021) It is essential to have a long-term treatment and an as-needed treatment option available to treat GAD effectively.

The first medication that would be useful for a patient with GAD would be Buspirone 7.5mg twice daily by mouth. This medication would be the long-term treatment as it has a low potential for abuse. The anxiolytic effects slowly develop and take several weeks to reach their peak effects. This medication can be titrated to an effective dose for each patient, and the usual range for this medication is thirty to sixty milligrams per day, split between two doses (Rosenthal & Burchum, 2021) Buspirone can be taken for up to a year, so it is an excellent option for initial treatment. This medication works by binding to serotonin receptors, reducing the number available for dopamine. Buspirone also works in combination with benzodiazepines as they bind to alternate receptors. Patients taking Buspirone will need to be monitored for dizziness, headache, sedation, nausea, and lightheadedness, as these are the most common side effects.

After the patient is stabilized and their symptoms are controlled, they can then be transitioned to another medication such as Effexor XR 37.5mg daily that can be used long term and be titrated up to 225mg daily to effectively manage their anxiety symptoms (Carl et al., 2019) Effexor is a serotonergic-norepinephrine reuptake inhibitor (SNRI). It can be used to treat both anxiety and depression. When ordering SNRIs for patients, the provider needs to be sure to