

# Antidepressants: The Blue-Chip Psychotropic for the Modern Treatment of Anxiety Disorders

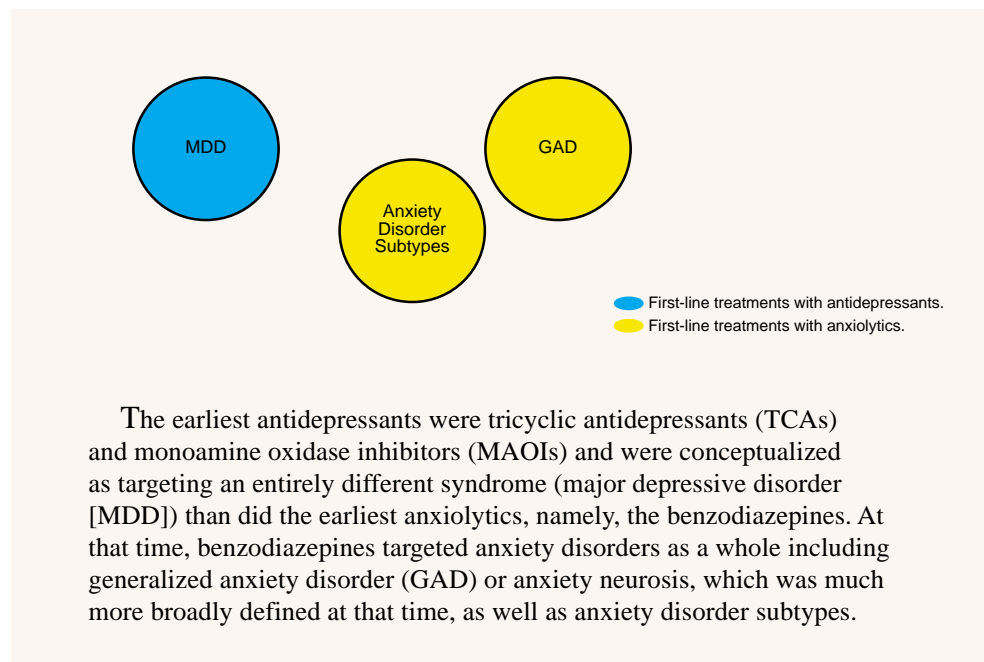
Stephen M. Stahl, M.D., Ph.D.

**Issue:** Antidepressants were just antidepressants in the 1960s. Now antidepressants are antidepressants AND anxiolytics, useful not only for the treatment of major depressive disorder, but also anxiety disorders ranging from obsessive-compulsive disorder, to panic disorder, social phobia and posttraumatic stress disorder, and now including generalized anxiety disorder.

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his issue of BRAINSTORMS is a visual lesson amplifying last month's written feature entitled "Mergers and Acquisitions Among Psychotropics: Antidepressant Takeover of Anxiety May Now Be Complete."<sup>1</sup>

Figure 1. Treatment of Depression and Anxiety in the 1960s



BRAINSTORMS is a monthly section of The Journal of Clinical Psychiatry aimed at providing updates of novel concepts emerging from the neurosciences that have relevance to the practicing psychiatrist.

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Figure 2. Treatment of Depression and Anxiety in the 1970s and 1980s

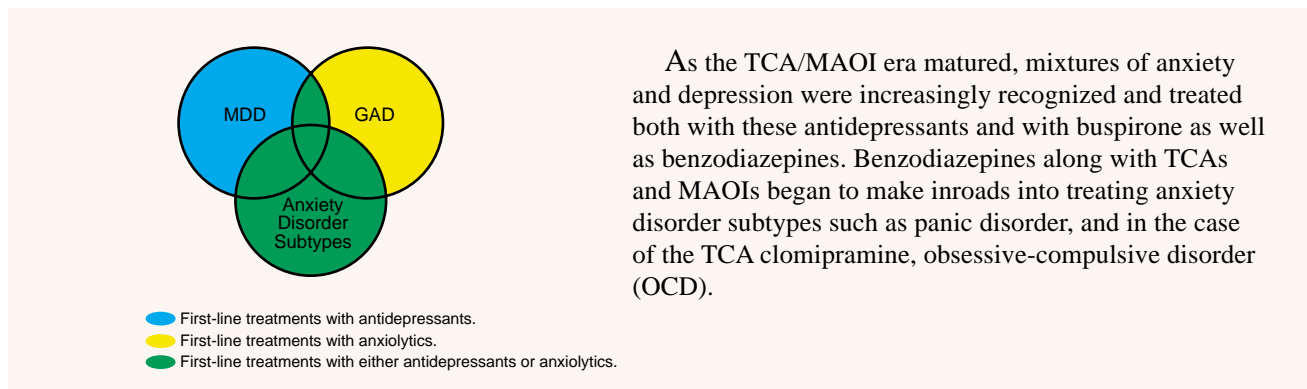


Figure 3. Treatment of Depression and Anxiety in the 1990s

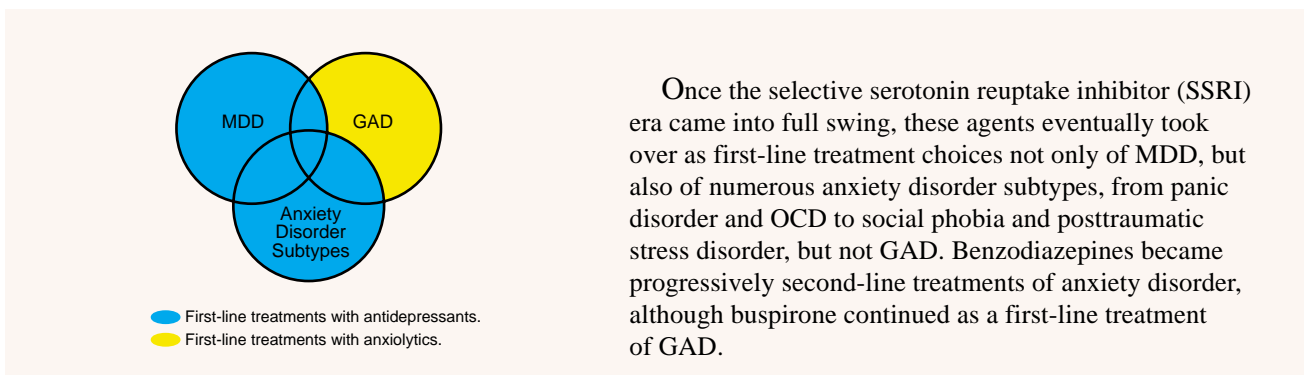
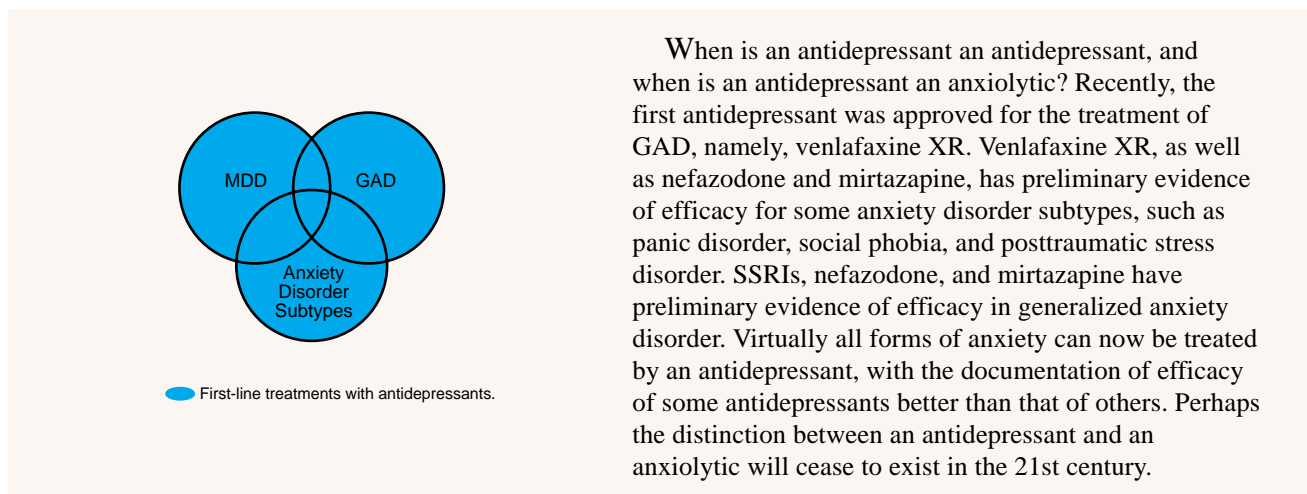


Figure 4. Treatment of Depression and Anxiety in the 21st Century



REFERENCE

1. Stahl SM. Mergers and acquisitions among psychotropics: antidepressant takeover of anxiety may now be complete. *J Clin Psychiatry* 1999;60:282–283