

Panic Disorder Algorithm

Stage 0

Diagnostic Assessment

Mild to Moderate Symptoms

Non-Medication Treatment Alternative

Partial response, no response or severe symptoms

Partial or no response

Stage 1

1) SSRI
Start with low dosage and titrate upward
2) Benzodiazepines *

Partial response or no response

Good response

Cont.

Consider tapering the medications after six months of good response

Stage 2

1) SNRI
2) Benzodiazepines *

Partial response or no response

Good response

Cont.

Consider tapering the medications after six months of good response

Stage 3

1) Heterocyclic or MAOI Antidepressants
2) Benzodiazepines *

Good response

Cont.

Consider tapering the medications after six months of good response

* Benzodiazepines should be used conservatively, ideally only for short-term symptom stabilization and/or to manage SSRI initiation effects, and should seldom be prescribed long-term for panic. Longer acting Benzodiazepines such as diazepam are generally less effective in panic than shorter-acting agents.