ANXIETY TREATMENT DECISION AID

A guide to choosing the proper anxiety treatment option for your child.

This information reflects the best available research studies. It was prepared by Mayo Clinic researchers without funding from makers of depression medicines.
Reduction in Anxiety Symptoms

CBT

SNRI

SSRI

CBT + SSRI
Improvement in Day-to-Day Function

CBT

SNRI

SSRI

CBT + SSRI
Treatment

**CBT**

14 Sessions 60-90 mins each - followed by 2-4 sessions (60 mins) per year for next 5 years.

**SNRI**

Daily pill and 8 appointments for 12 weeks - followed by daily pill and 2 appointments/year for 5 years.

**SSRI**

Daily pill and 8 appointments for 12 weeks - followed by daily pill and 2 appointments/year for 5 years.

**CBT + SSRI**

14 Sessions 60-90 mins each - followed by 2-4 sessions (60 mins) per year for next 5 years AND daily pill and 8 appointments for 12 weeks - followed by daily pill and 2 appointments/year for 5 years.
Side Effects

**CBT**
None

**SNRI**
- Sleepy/Fatigue
- Stomach Problems/Appetite
- Agitation
- Weight changes

**SSRI**
- Stomach Problems/Appetite
- Difficulties sleeping
- Agitation
- Weight changes

**CBT + SSRI**
- Stomach Problems/Appetite
- Difficulties sleeping
- Agitation
- Weight changes
**Cost**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBT</td>
<td>$65 per month for 5 years*</td>
</tr>
<tr>
<td>SNRI</td>
<td>$88 per month for 5 years*</td>
</tr>
<tr>
<td>SSRI</td>
<td>$68 per month for 5 years*</td>
</tr>
<tr>
<td>CBT + SSRI</td>
<td>$133 per month for 5 years*</td>
</tr>
</tbody>
</table>

* Cost will vary based on insurance coverage, cost in the first year will be the highest and decreases over the following years.
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