Treatments for Panic Disorder

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En Español (Spanish Version)

Medical care can help most people with panic disorder, but treatment success varies from person to person. Most people respond well to treatment and can return to normal functioning in weeks or months. Treatment can be complicated by having another condition at the same time, such as substance abuse, depression, or other anxiety disorders.

Psychiatrists, psychologists, social workers, and specially trained primary care providers are trained to treat panic disorder. If your doctor doesn't have special training, ask for the name of a doctor or counselor who does.

Treatment involves the following:

- **Lifestyle changes**
- **Medications**
- **Other treatments**
- Alternative and complementary therapies

There are no surgical procedures for the treatment of panic disorder.

Researchers found that people with panic disorder get the most benefit from a combination of treatment (therapy and medication).

**REFERENCES:**

Anxiety Disorders Association of America website. Available at: http://www.adaa.org/.
