

ANTI-ANXIETY MEDICATIONS (Non-Antidepressants)

Generic Name	Brand Name	Speed of Onset	Duration of Action	Equivalent Dosage
<u>Benzodiazepines (Mufflers)</u>				
Alprazolam	Xanax	Medium	Medium	0.5mg
Chlordiazepoxide	Librium	Medium	Long	25.0mg
Clonazepam	Klonopin	Fast	Long	0.5mg
Clorazepate	Tranxene	Fast	Long	7.5mg
Diazepam	Valium	Fastest	Long	5mg
Flurazepam	Dalmane	Fast	Long	15mg
Lorazepam	Ativan	Medium	Medium	1mg
Oxazepam	Serax	Slow	Medium	15mg
Temazepam	Restoril	SLOW!!!	Medium	15mg
Triazolam	Halcion	Fast	Short	0.125mg
<u>Non-Benzodiazepines</u>				
Buspirone	Buspar	Slow	Medium	5mg
Propranolol*	Inderal	Fast	Short	10 - 20mg
Hydroxyzine**	Vistaril/Atarax	Fast	Short	25mg

* Primarily useful for prophylactic treatment of acute anxiety -- e.g., "stage fright"

** MILD Anti-anxiety properties. Antihistamine.