

**Anxiety (update) Guideline Development Group Meeting**

**Date and Time:** Tuesday 23rd March 2009, 10.30am – 4pm

**Minutes:** Confirmed

**Place:** The Royal College of Psychiatrists'  
6<sup>th</sup> Floor Standon House  
21 Mansell Street  
London  
E1 8AA

**Present:** **GDG members**  
John Cape (JC)  
Jill Keegan (JK)  
Judy Leibowitz (JL)  
Phillip Cowen (PC)  
Paul Salkovskis (PS)  
Catherine O'Neill (CO)  
Carolyn Chew-Graham (CCG)

**Experts**  
None

**In attendance:**  
NCCMH Staff: Tim Kendall (TK)  
Ifigeneia Mavranezouli (IM)  
Esther Flanagan (EF)  
Marie Halton (MH)  
Melissa Chan (MC)  
Henna Bhatti (HB)

NICE staff None

Observers: None

Notes

1. Apologies were received from Jan Scott, Karina Lovell, Marta Buszewicz, Nick Meader & Joanna Hackman.
2. JC, JK, JL, CO, CCG, PS, TK, PC, IM, EF, MH, MC & HB all declared that they knew of no new personal pecuniary, personal family, non-personal pecuniary or personal non-pecuniary interest in the development of this guideline other than those already reported in the conflict of interest forms already submitted.
3. The minutes of the last meeting were agreed as a true and accurate account.
4. Service user and carer concerns were discussed.
5. HB presented overall findings and evidence to recommendations for experience of care and the GDG discussed draft recommendations.
6. MC presented the findings, summaries and draft recommendations for low intensity psychological interventions.
7. IM presented the health economic evidence for low intensity psychological interventions.
8. MC took the GDG through the findings, summaries and draft recommendations for high intensity psychological interventions.
9. TK presented overall findings and evidence to recommendations on pharmacological interventions and the GDG discussed the relevant draft recommendations:
10. IM presented the health economic model for GAD.
11. The GDG discussed the structure of the guideline's stepped care approach
12. MH presented data on herbal interventions for GAD.
13. Next meeting: 10:30-4pm, 13<sup>th</sup> & 14<sup>th</sup> April 2010