

**ECNP Targeted Expert Meetings (TEMs)
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Report on the TEM Anxiety Disorders and Anxiolytics

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During the first part of the meeting the group focused on the concept of mental disorders in respect to the new concept of brain disease. From the discussion the need for a new and better definition of the concept of mental disorders arose, based on the emerging concept of 'brain disease' in the field of anxiety disorders.

Another main point discussed was the search for a better definition of disability in anxiety disorders. The group focused on the importance of including the concept of disability adjusted life years lost (DALY): "The DALY is a measure of overall disease burden, expressed as the number of years lost due to ill-health, disability, or early death. The DALY extends the concept of potential years of life lost due to premature death and includes equivalent years of 'healthy' life lost by virtue of being in a state of poor health or disability, thereby in combining mortality and morbidity into a single metric" (WHO, 2008).

From the topic of onset and prodromal stages in anxiety disorders, the need for early detection and monitoring of anxiety in children and in the family emerged in order to prevent and change the developmental trajectories of the disorder.

From a clinical perspective the group focused on the importance of a return to phenomenology as a method of clarification of concepts, but enlightened by neuro-circuitry research programmes. In the session dedicated to the classification of anxiety disorder the need for a dimensional approach arose as an additional classificatory organiser. Finally, translational and convergent studies are needed in order to develop a common language and a common definition of the term 'aversive fear and anxiety'.