

Foreword

Global Research in Anxiety and Depression (GRAD) Network Consensus Conference

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Although awareness of anxiety and depressive disorders is increasing among the general population, patients often fail to consult their physician for their illness. Even when patients do seek medical help, anxiety and depressive disorders are frequently underrecognized, underdiagnosed, and undertreated. Recent advances in our understanding of the chronic course of both anxiety and depressive disorders indicate that patients should be treated with antidepressants at an appropriate dosage and for a sufficient duration to maximize the chance of remission of their illness.

A group of internationally recognized physicians and epidemiologists formed an alliance to create a forum for the discussion of cutting edge research and future trends in the management of patients with anxiety and depression. The founding members of the Global Research in Anxiety and Depression (GRAD) group include Ronald C. Kessler, Ph.D., Hans-Ulrich Wittchen, Ph.D., and myself. This supplement represents the outcome of the first GRAD Network Consensus Conference where internationally recognized physicians and scientists working in the field of anxiety and depression research were brought together to discuss generalized anxiety disorder (GAD), including topics such as the clinical course of GAD and the management and treatment of patients with anxiety in both psychiatric care and primary care.

The aim of GRAD is to increase the awareness of these disorders, the treatment options, and the management strategies. The GRAD Network (<http://gradnetwork.com>) provides a forum for clinicians to access up-to-date information on research activities and publications in the field of anxiety and depression. In addition, patients and their families can also use the site to increase their awareness about their illness and to encourage themselves to persist with their medication to increase their chance of remission.

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