

- Adjustment disorder with anxiety (ADWA) is a highly prevalent condition but there are relatively few systematic treatment trials.
- A randomized controlled trial of etifoxine, an anxiolytic agent not associated with dependence, versus alprazolam for ADWA, was undertaken. 201 adult outpatients with ADWA were randomized to etifoxine or alprazolam, and they were monitored for 4 weeks of treatment, plus an additional week after treatment discontinuation. The primary outcome measure was the Hamilton Anxiety Rating Scale (HAM-A).
- HAM-A scores favored alprazolam compared to etifoxine at day 7 and at day 28, with significant differences at day 7 and non-inferiority of etifoxine unable to be demonstrated at day 28. HAM-A scores slightly favored etifoxine compared to alprazolam after treatment discontinuation, with a significant difference in HAM-A score change apparent during this last week of the study.
- There were more adverse events in the alprazolam group, particularly central nervous system-related AEs, and especially after medication discontinuation.
- This trial supports the efficacy and safety of etifoxine in the management of adjustment disorder with anxiety, particularly when treatment discontinuation data are also assessed.

This summary slide represents the opinions of the authors. Sponsorship for this study was funded by Biocodex. For a full list of acknowledgments and conflicts of interest for all authors of this article, please see the full text online. Copyright © The Authors 2015. Creative Commons Attribution Noncommercial License (CC BY-NC).