[SUPPLEMENTARY A]

**PLEASE READ THIS CAREFULLY:
USING D-CYCLOSERINE TO IMPROVE EXPOSURE THERAPY FOR**

**ANXIETY DISORDERS**

Treatment for an anxiety disorder often involves encouraging the sufferer to gradually face the situation or object they are frightened of until they are no longer afraid. This is often called “exposure” or “desensitization”. For example, someone who is very frightened of heights may be encouraged to gradually “face this fear” over a number of exposure sessions by going into higher and higher places until they get used to it. They may first be encouraged to climb a small ladder and then “build up” until they can look out a window of a high rise building. Exposure therapy has shown to be useful for treating many types of anxiety disorders.

There is new research to suggest that taking a capsule of medication called D-Cycloserine (DCS) before each exposure session can speed up the rate at which people overcome their fears. It may also be helpful for treating severe (treatment resistant) anxiety disorders. It is believed to do this by “improving” the learning that takes place during each exposure session. DCS is actually a type of antibiotic that has been around for many years. It has been taken in high doses over prolonged periods to treat infections such as tuberculosis. When it is used for treating anxiety, DCS is taken in very low doses on a few occasions just before each exposure session. Like taking any antibiotic, someone will not notice they have taken the medication. It is very rare for people to experience any side effects from taking a few low doses of DCS.

[SUPPLEMENTARY B]

**SPIDER FEAR:**

**IMAGINE YOUR CHILD IS ABOUT TEN YEARS OLD:**

Over the last four months they become extremely fearful every time they see a spider. This causes your child to be quite upset and it affects certain areas of their life. For example, they stop going into the bathroom alone because they think there may be spiders there, they won’t play outside by themself and they sometimes have nightmares about spiders. You go to see a psychologist who explains that they will start exposure therapy with your child. This will involve having your child gradually and gently start to face some spiders until they get used being near them. The psychologist also explains that s/he wants your child to take an antibiotic capsule called DCS each time s/he does the exposure. S/he explains it may help them get better more quickly.

**PANIC DISORDER:**

**IMAGINE YOUR CHILD IS ABOUT TEN YEARS OLD:**

Over the last two years they have experienced severe and recurrent bouts of anxiety or panic. As a result of this problem your child is almost always upset and it affects almost every part of their life. During these periods of anxiety they breathe quickly, their heart races and they feel they may be about to die. They are so frightened of having another panic attack they are too afraid to leave your home regularly. You have already tried standard psychological treatments, but they have been largely unsuccessful. You take your child to psychologist who explains they will start exposure therapy with your child. This will involve your child gradually and gently getting used to leaving your home, as well as managing their panic symptoms. The psychologist also explains that s/he wants your child to take an antibiotic capsule called DCS each time s/he does the exposure. S/he explains it may help them get better more quickly.

**INFECTION:**

**IMAGINE YOUR FIRST CHILD IS ABOUT TEN YEARS OLD:**

Over the last two weeks they have become quite ill with an infection. They have developed a number of symptoms including a high fever, a severe cough and a running nose. As a result of their illness they have not been able to attend school regularly over the last week. You take your child to a medical doctor to treat the infection. The doctor wants to prescribe antibiotics to help treat your child’s illness. S/he explains it may help them get better more quickly.