**Table 1: Characteristics of beneficiaries with and without anxiety diagnosis at the end of follow-up**

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| --- | --- | --- | --- |
|  | **Anxiety** | **No anxiety** | **Total** |
|  | N=179,045 (16.5) | N=903,315 (83.5) | N=1,082,360 (100.0) |
| Characteristics at baseline |  |  |  |
| Age, years |  |  |  |
| 18-24 | 27,640 (15.4) | 201,988 (22.4) | 229,628 (21.2) |
| 25-34 | 46,271 (25.8) | 226,182 (25.0) | 272,453 (25.2) |
| 35-44 | 43,515 (24.3) | 179,792 (19.9) | 223,307 (20.6) |
| 45-54 | 35,230 (19.7) | 146,017 (16.2) | 181,247 (16.7) |
| 55-64 | 16,251 (9.1) | 90,118 (10.0) | 106,369 (9.8) |
| 65-74 | 6,871 (3.8) | 39,128 (4.3) | 45,999 (4.2) |
| 75+ | 3,267 (1.8) | 20,090 (2.2) | 23,357 (2.2) |
| Mean (SD) | 39.4 (14.4) | 38.3 (15.6) | 38.4 (15.4) |
| Sex |  |  |  |
| Male | 66,723 (37.3) | 451,058 (49.9) | 517,781 (47.8) |
| Female | 112,322 (62.7) | 452,257 (50.1) | 564,579 (52.2) |
| Population group |  |  |  |
| Black African | 91,298 (51.0) | 478,427 (53.0) | 569,725 (52.6) |
| Mixed Ancestry | 14,752 (8.2) | 53,463 (5.9) | 68,215 (6.3) |
| White | 39,106 (21.8) | 157,654 (17.5) | 196,760 (18.2) |
| Indian/Asian | 6,655 (3.7) | 42,276 (4.7) | 48,931 (4.5) |
| Unknown | 27,234 (15.2) | 171,495 (19.0) | 198,729 (18.4) |
| Characteristics at the end of follow-up |  |  |  |
| CVD risk factors |  |  |  |
| Diabetes mellitus | 34,492 (19.3) | 102,710 (11.4) | 137,202 (12.7) |
| Hypertension | 79,489 (44.4) | 228,929 (25.3) | 308,418 (28.5) |
| Dyslipidemia | 45,815 (25.6) | 124,220 (13.8) | 170,035 (15.7) |
| HIV | 22,086 (12.3) | 64,386 (7.1) | 86,472 (8.0) |
| Psychiatric comorbidity: low certainty |  |  |  |
| Substance use disorder | 3,605 (2.0) | 3,856 (0.4) | 7,461 (0.7) |
| Psychotic disorder | 2,241 (1.3) | 2,530 (0.3) | 4,771 (0.4) |
| Mood disorder | 76,615 (42.8) | 80,986 (9.0) | 157,601 (14.6) |
| Anxiety disorder | 179,045 (100.0) | 0 (0.0) | 179,045 (16.5) |
| Post-traumatic stress disorder | 13,860 (7.7) | 0 (0.0) | 13,860 (1.3) |
| Other anxiety disorders | 135,581 (75.7) | 0 (0.0) | 135,581 (12.5) |
| Sleep disorder | 34,795 (19.4) | 39,551 (4.4) | 74,346 (6.9) |
| Other mental disorders | 10,101 (5.6) | 14,007 (1.6) | 24,108 (2.2) |
| Psychiatric comorbidity: moderate certainty |  |  |  |
| Substance use disorder | 1,406 (0.8) | 1,134 (0.1) | 2,540 (0.2) |
| Psychotic disorder | 1,119 (0.6) | 1,268 (0.1) | 2,387 (0.2) |
| Mood disorder | 58,173 (32.5) | 50,336 (5.6) | 108,509 (10.0) |
| Anxiety disorder | 93,146 (52.0) | 0 (0.0) | 93,146 (8.6) |
| Post-traumatic stress disorder | 5,902 (3.3) | 0 (0.0) | 5,902 (0.5) |
| Other anxiety disorders | 68,149 (38.1) | 0 (0.0) | 68,149 (6.3) |
| Sleep disorder | 34,795 (19.4) | 39,551 (4.4) | 74,346 (6.9) |
| Other mental disorders | 4,975 (2.8) | 6,172 (0.7) | 11,147 (1.0) |
| Psychiatric comorbidity (detailed): low certainty |  |  |  |
| Substance use disorder | 3,605 (2.0) | 3,856 (0.4) | 7,461 (0.7) |
| Alcohol use disorder | 1,922 (1.1) | 1,782 (0.2) | 3,704 (0.3) |
| Drug use disorder | 2,016 (1.1) | 2,299 (0.3) | 4,315 (0.4) |
| Tobacco use disorder | 56 (0.0) | 72 (0.0) | 128 (0.0) |
| Psychotic disorder | 2,241 (1.3) | 2,530 (0.3) | 4,771 (0.4) |
| Mood disorder | 76,615 (42.8) | 80,986 (9.0) | 157,601 (14.6) |
| Bipolar disorder | 10,573 (5.9) | 8,464 (0.9) | 19,037 (1.8) |
| Depression | 74,883 (41.8) | 77,275 (8.6) | 152,158 (14.1) |
| Other mood disorders | 2,031 (1.1) | 1,642 (0.2) | 3,673 (0.3) |
| Anxiety disorder | 179,045 (100.0) | 0 (0.0) | 179,045 (16.5) |
| Panic disorder | 8,777 (4.9) | 0 (0.0) | 8,777 (0.8) |
| Generalised anxiety disorder | 32,837 (18.3) | 0 (0.0) | 32,837 (3.0) |
| Mixed anxiety and depressive disorder | 15,741 (8.8) | 0 (0.0) | 15,741 (1.5) |
| Unspecified anxiety disorder | 63,003 (35.2) | 0 (0.0) | 63,003 (5.8) |
| Acute or severe stress reaction | 64,665 (36.1) | 0 (0.0) | 64,665 (6.0) |
| Post-traumatic stress disorder | 13,860 (7.7) | 0 (0.0) | 13,860 (1.3) |
| Adjustment disorder | 24,486 (13.7) | 0 (0.0) | 24,486 (2.3) |
| Other anxiety disorders | 19,867 (11.1) | 0 (0.0) | 19,867 (1.8) |
| Sleep disorder | 34,795 (19.4) | 39,551 (4.4) | 74,346 (6.9) |
| Other mental disorders | 10,101 (5.6) | 14,007 (1.6) | 24,108 (2.2) |
| Psychiatric comorbidity (detailed): moderate certainty |  |  |  |
| Substance use disorder | 1,406 (0.8) | 1,134 (0.1) | 2,540 (0.2) |
| Alcohol use disorder | 668 (0.4) | 437 (0.0) | 1,105 (0.1) |
| Drug use disorder | 715 (0.4) | 672 (0.1) | 1,387 (0.1) |
| Tobacco use disorder | 14 (0.0) | 15 (0.0) | 29 (0.0) |
| Psychotic disorder | 1,119 (0.6) | 1,268 (0.1) | 2,387 (0.2) |
| Mood disorder | 58,173 (32.5) | 50,336 (5.6) | 108,509 (10.0) |
| Bipolar disorder | 7,567 (4.2) | 5,686 (0.6) | 13,253 (1.2) |
| Depression | 56,368 (31.5) | 47,277 (5.2) | 103,645 (9.6) |
| Other mood disorders | 797 (0.4) | 607 (0.1) | 1,404 (0.1) |
| Anxiety disorder | 93,146 (52.0) | 0 (0.0) | 93,146 (8.6) |
| Panic disorder | 2,494 (1.4) | 0 (0.0) | 2,494 (0.2) |
| Generalised anxiety disorder | 13,334 (7.4) | 0 (0.0) | 13,334 (1.2) |
| Mixed anxiety and depressive disorder | 6,131 (3.4) | 0 (0.0) | 6,131 (0.6) |
| Unspecified anxiety disorder | 21,501 (12.0) | 0 (0.0) | 21,501 (2.0) |
| Acute or severe stress reaction | 26,224 (14.6) | 0 (0.0) | 26,224 (2.4) |
| Post-traumatic stress disorder | 5,902 (3.3) | 0 (0.0) | 5,902 (0.5) |
| Adjustment disorder | 15,736 (8.8) | 0 (0.0) | 15,736 (1.5) |
| Other anxiety disorders | 6,313 (3.5) | 0 (0.0) | 6,313 (0.6) |
| Sleep disorder | 17,839 (10.0) | 16,311 (1.8) | 34,150 (3.2) |
| Other mental disorders | 4,975 (2.8) | 6,172 (0.7) | 11,147 (1.0) |
| Major vascular event | 14,058 (7.9) | 32,924 (3.6) | 46,982 (4.3) |
| Unstable angina | 7,229 (4.0) | 16,386 (1.8) | 23,615 (2.2) |
| STEMI | 593 (0.3) | 1,838 (0.2) | 2,431 (0.2) |
| NSTEMI | 582 (0.3) | 1,589 (0.2) | 2,171 (0.2) |
| Unspecified MI | 1,511 (0.8) | 3,964 (0.4) | 5,475 (0.5) |
| Revascularization | 1,676 (0.9) | 4,943 (0.5) | 6,619 (0.6) |
| Hemorrhagic stroke | 1,219 (0.7) | 2,804 (0.3) | 4,023 (0.4) |
| Ischaemic stroke | 3,284 (1.8) | 7,216 (0.8) | 10,500 (1.0) |
| Unspecified stroke | 4,518 (2.5) | 10,278 (1.1) | 14,796 (1.4) |
| Mortality | 6,273 (3.5) | 30,989 (3.4) | 37,262 (3.4) |
| Natural causes | 5,346 (3.0) | 26,157 (2.9) | 31,504 (2.9) |
| Unnatural causes | 568 (0.3) | 2,575 (0.3) | 3,145 (0.3) |
| Unknown | 359 (0.2) | 2,257 (0.2) | 2,620 (0.2) |
| Follow-up time, years |  |  |  |
| Median (IRQ) | 5.9 (3.2-9.5) | 2.5 (1.0-5.0) | 3.0 (1.2-6.0) |