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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Anxiety** | **No anxiety** | **Total** |
|  | N=182,553 (16.8) | N=906,623 (83.2) | N=1,089,176 (100.0) |
| Characteristics at baseline |  |  |  |
| Age, years |  |  |  |
| 18-24 | 28,070 (15.4) | 202,492 (22.3) | 230,562 (21.2) |
| 25-34 | 47,238 (25.9) | 227,592 (25.1) | 274,830 (25.2) |
| 35-44 | 44,342 (24.3) | 180,623 (19.9) | 224,965 (20.7) |
| 45-54 | 35,900 (19.7) | 146,322 (16.1) | 182,222 (16.7) |
| 55-64 | 16,630 (9.1) | 90,328 (10.0) | 106,958 (9.8) |
| 65-74 | 7,029 (3.9) | 39,199 (4.3) | 46,228 (4.2) |
| 75+ | 3,344 (1.8) | 20,067 (2.2) | 23,411 (2.1) |
| Mean (SD) | 39.4 (14.4) | 38.2 (15.6) | 38.4 (15.4) |
| Sex |  |  |  |
| Male | 67,933 (37.2) | 452,775 (49.9) | 520,708 (47.8) |
| Female | 114,620 (62.8) | 453,848 (50.1) | 568,468 (52.2) |
| Population group |  |  |  |
| Black African | 92,987 (50.9) | 480,353 (53.0) | 573,340 (52.6) |
| Mixed Ancestry | 15,029 (8.2) | 53,761 (5.9) | 68,790 (6.3) |
| White | 39,870 (21.8) | 158,776 (17.5) | 198,646 (18.2) |
| Indian/Asian | 6,782 (3.7) | 42,791 (4.7) | 49,573 (4.6) |
| Unknown | 27,885 (15.3) | 170,942 (18.9) | 198,827 (18.3) |
| Characteristics at the end of follow-up |  |  |  |
| CVD risk factors |  |  |  |
| Diabetes mellitus | 35,805 (19.6) | 104,537 (11.5) | 140,342 (12.9) |
| Hypertension | 81,736 (44.8) | 231,784 (25.6) | 313,520 (28.8) |
| Dyslipidemia | 47,515 (26.0) | 126,378 (13.9) | 173,893 (16.0) |
| HIV | 22,634 (12.4) | 64,664 (7.1) | 87,298 (8.0) |
| Psychiatric comorbidity: low certainty |  |  |  |
| Substance use disorder | 3,721 (2.0) | 3,910 (0.4) | 7,631 (0.7) |
| Psychotic disorder | 2,313 (1.3) | 2,582 (0.3) | 4,895 (0.4) |
| Mood disorder | 78,501 (43.0) | 82,053 (9.1) | 160,554 (14.7) |
| Anxiety disorder | 182,553 (100.0) | 0 (0.0) | 182,553 (16.8) |
| Post-traumatic stress disorder | 14,124 (7.7) | 0 (0.0) | 14,124 (1.3) |
| Other anxiety disorders | 138,021 (75.6) | 0 (0.0) | 138,021 (12.7) |
| Other mental disorders | 24,194 (13.3) | 27,691 (3.1) | 51,885 (4.8) |
| Psychiatric comorbidity: moderate certainty |  |  |  |
| Substance use disorder | 1,451 (0.8) | 1,154 (0.1) | 2,605 (0.2) |
| Psychotic disorder | 1,153 (0.6) | 1,293 (0.1) | 2,446 (0.2) |
| Mood disorder | 59,753 (32.7) | 51,161 (5.6) | 110,914 (10.2) |
| Anxiety disorder | 95,320 (52.2) | 0 (0.0) | 95,320 (8.8) |
| Post-traumatic stress disorder | 5,992 (3.3) | 0 (0.0) | 5,992 (0.6) |
| Other anxiety disorders | 69,566 (38.1) | 0 (0.0) | 69,566 (6.4) |
| Other mental disorders | 11,342 (6.2) | 10,734 (1.2) | 22,076 (2.0) |
| Psychiatric comorbidity (detailed): low certainty |  |  |  |
| Substance use disorder | 3,721 (2.0) | 3,910 (0.4) | 7,631 (0.7) |
| Alcohol use disorder | 1,967 (1.1) | 1,808 (0.2) | 3,775 (0.3) |
| Drug use disorder | 2,099 (1.1) | 2,337 (0.3) | 4,436 (0.4) |
| Psychotic disorder | 2,313 (1.3) | 2,582 (0.3) | 4,895 (0.4) |
| Mood disorder | 78,501 (43.0) | 82,053 (9.1) | 160,554 (14.7) |
| Bipolar disorder | 10,874 (6.0) | 8,627 (1.0) | 19,501 (1.8) |
| Depression | 76,742 (42.0) | 78,290 (8.6) | 155,032 (14.2) |
| Other mood disorders | 2,102 (1.2) | 1,663 (0.2) | 3,765 (0.3) |
| Anxiety disorder | 182,553 (100.0) | 0 (0.0) | 182,553 (16.8) |
| Panic disorder | 9,023 (4.9) | 0 (0.0) | 9,023 (0.8) |
| Generalised anxiety disorder | 33,641 (18.4) | 0 (0.0) | 33,641 (3.1) |
| Mixed anxiety and depressive disorder | 16,126 (8.8) | 0 (0.0) | 16,126 (1.5) |
| Unspecified anxiety disorder | 64,922 (35.6) | 0 (0.0) | 64,922 (6.0) |
| Acute or severe stress reaction | 65,879 (36.1) | 0 (0.0) | 65,879 (6.0) |
| Post-traumatic stress disorder | 14,124 (7.7) | 0 (0.0) | 14,124 (1.3) |
| Adjustment disorder | 24,785 (13.6) | 0 (0.0) | 24,785 (2.3) |
| Other anxiety disorders | 20,228 (11.1) | 0 (0.0) | 20,228 (1.9) |
| Other mental disorders | 24,194 (13.3) | 27,691 (3.1) | 51,885 (4.8) |
| Psychiatric comorbidity (detailed): moderate certainty |  |  |  |
| Substance use disorder | 1,451 (0.8) | 1,154 (0.1) | 2,605 (0.2) |
| Alcohol use disorder | 683 (0.4) | 438 (0.0) | 1,121 (0.1) |
| Drug use disorder | 741 (0.4) | 695 (0.1) | 1,436 (0.1) |
| Psychotic disorder | 1,153 (0.6) | 1,293 (0.1) | 2,446 (0.2) |
| Mood disorder | 59,753 (32.7) | 51,161 (5.6) | 110,914 (10.2) |
| Bipolar disorder | 7,808 (4.3) | 5,809 (0.6) | 13,617 (1.3) |
| Depression | 57,900 (31.7) | 48,031 (5.3) | 105,931 (9.7) |
| Other mood disorders | 830 (0.5) | 621 (0.1) | 1,451 (0.1) |
| Anxiety disorder | 95,320 (52.2) | 0 (0.0) | 95,320 (8.8) |
| Panic disorder | 2,575 (1.4) | 0 (0.0) | 2,575 (0.2) |
| Generalised anxiety disorder | 13,717 (7.5) | 0 (0.0) | 13,717 (1.3) |
| Mixed anxiety and depressive disorder | 6,308 (3.5) | 0 (0.0) | 6,308 (0.6) |
| Unspecified anxiety disorder | 22,356 (12.2) | 0 (0.0) | 22,356 (2.1) |
| Acute or severe stress reaction | 26,808 (14.7) | 0 (0.0) | 26,808 (2.5) |
| Post-traumatic stress disorder | 5,992 (3.3) | 0 (0.0) | 5,992 (0.6) |
| Adjustment disorder | 15,940 (8.7) | 0 (0.0) | 15,940 (1.5) |
| Other anxiety disorders | 6,438 (3.5) | 0 (0.0) | 6,438 (0.6) |
| Other mental disorders | 11,342 (6.2) | 10,734 (1.2) | 22,076 (2.0) |
| Major vascular event | 14,532 (8.0) | 33,507 (3.7) | 48,039 (4.4) |
| Unstable angina | 7,458 (4.1) | 16,650 (1.8) | 24,108 (2.2) |
| STEMI | 617 (0.3) | 1,882 (0.2) | 2,499 (0.2) |
| NSTEMI | 634 (0.3) | 1,654 (0.2) | 2,288 (0.2) |
| Unspecified MI | 1,573 (0.9) | 4,028 (0.4) | 5,601 (0.5) |
| Revascularization | 1,738 (1.0) | 5,038 (0.6) | 6,776 (0.6) |
| Hemorrhagic stroke | 1,263 (0.7) | 2,869 (0.3) | 4,132 (0.4) |
| Ischaemic stroke | 3,420 (1.9) | 7,402 (0.8) | 10,822 (1.0) |
| Unspecified stroke | 4,668 (2.6) | 10,500 (1.2) | 15,168 (1.4) |
| Mortality | 6,286 (3.4) | 30,987 (3.4) | 37,273 (3.4) |
| Natural causes | 5,358 (2.9) | 26,156 (2.9) | 31,515 (2.9) |
| Unnatural causes | 569 (0.3) | 2,574 (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 (3.1-9.5) | 2.5 (1.0-5.0) | 3.0 (1.2-6.0) |