

Analysis of Anxiety-Related Metrics

1 Age by Anxiety (Violin & Box Plots)

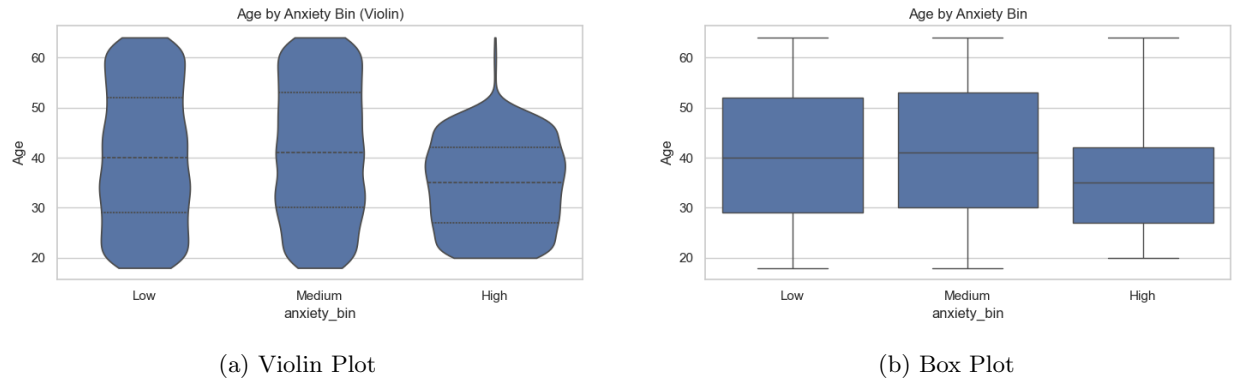


Figure 1: Age distribution across low, medium, and high anxiety bins.

- **Low vs. Medium Anxiety**
 - Both groups span roughly 18–65 years with nearly identical density shapes.
 - Indicates even age distribution among low/medium anxiety respondents.
- **High Anxiety**
 - Clustered between 20–50 years, tapering off above 50.
 - Peak density in the late 20s–30s.
- **Key Insight:** High anxiety skews younger and into a narrower age band.

2 Alcohol Consumption by Anxiety

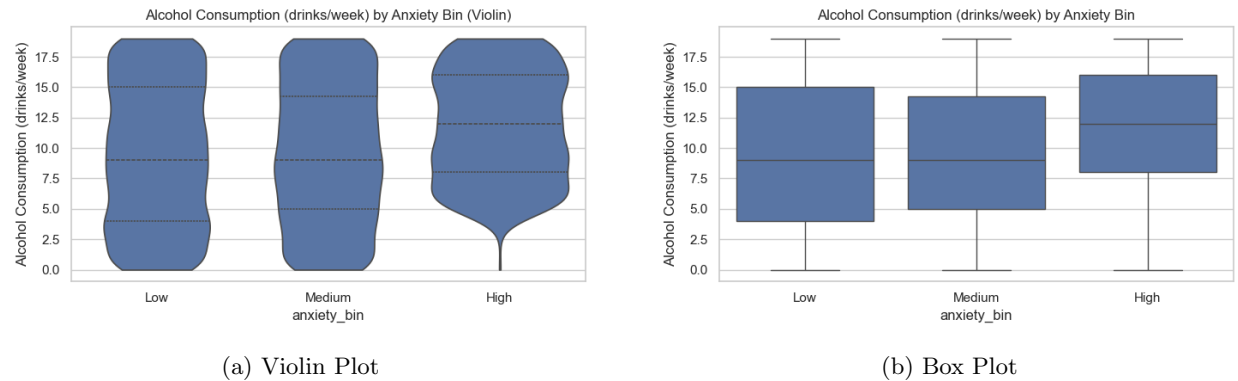


Figure 2: Weekly drinks consumed by anxiety level.

- **Low vs. Medium**
 - Range 0–18 drinks/week; densest around 5–10.
- **High**
 - Range 2–19 drinks/week; densest 10–16.
- **Insight:** High anxiety is associated with heavier alcohol consumption (12 vs. 9 drinks/week).

3 Counts of Anxiety

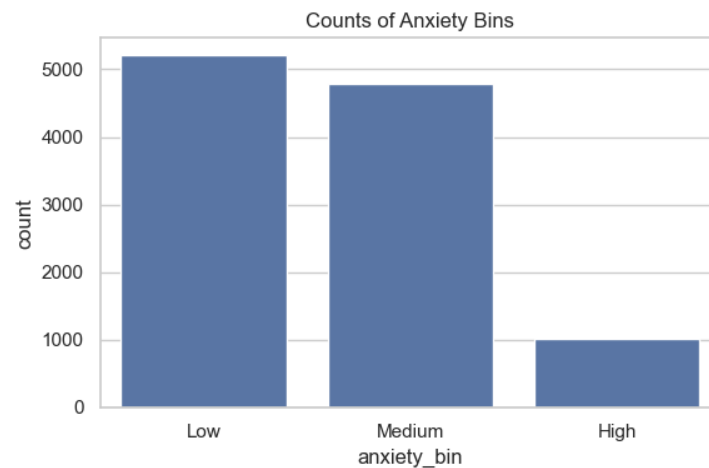


Figure 3: Number of respondents in each anxiety bin.

- Low: 5,200 respondents.
- Medium: 4,800 respondents.

- **High:** 1,000 respondents.
- **Insight:** Sample heavily skewed toward low/medium anxiety.

4 Breathing Rate by Anxiety

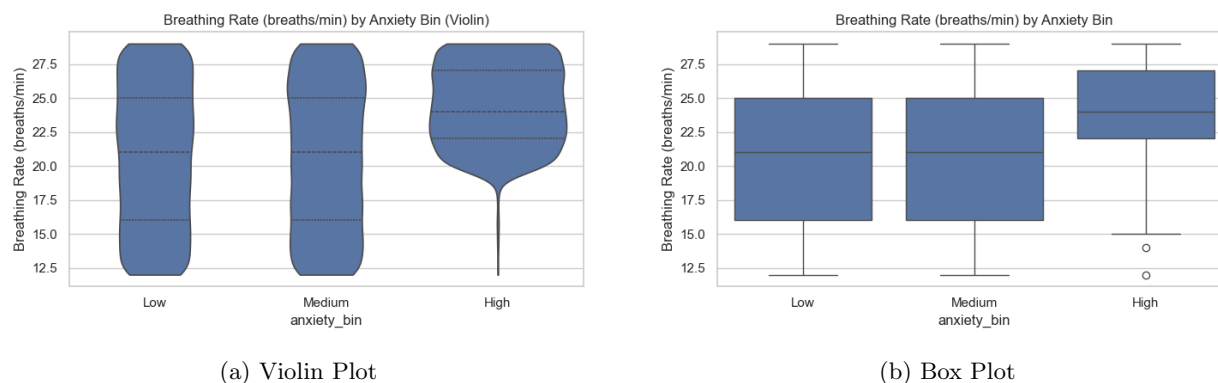


Figure 4: Resting breathing rate (breaths/min) by anxiety level.

- **Low vs. Medium:** 12–29bpm, peak 22bpm.
- **High:** Shift to 24–28bpm.
- **Insight:** Elevated respiratory rates align with high anxiety.

5 Caffeine Intake by Anxiety

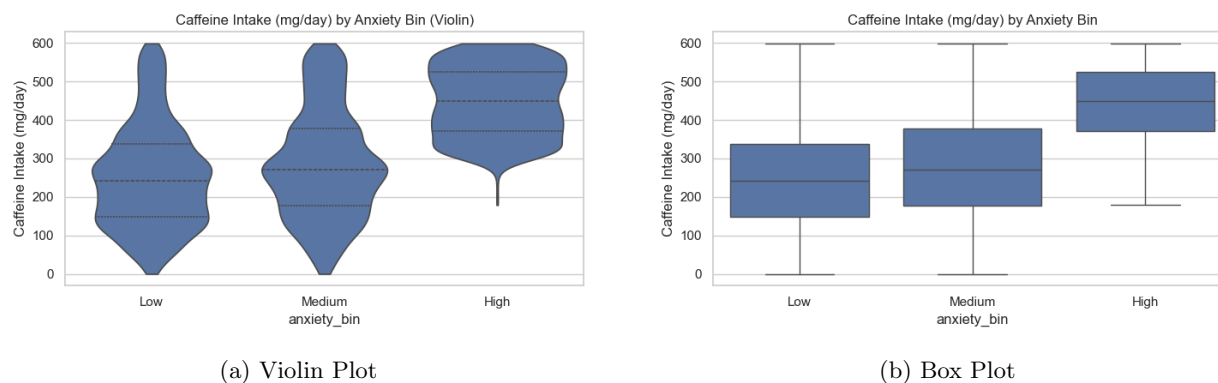


Figure 5: Daily caffeine intake (mg/day) by anxiety level.

- **Low vs. Medium:** Bimodal peaks at 150mg and 275mg.
- **High:** Concentrated at 350–550mg.
- **Insight:** Higher caffeine intake correlates with higher anxiety.

6 Diet Quality by Anxiety

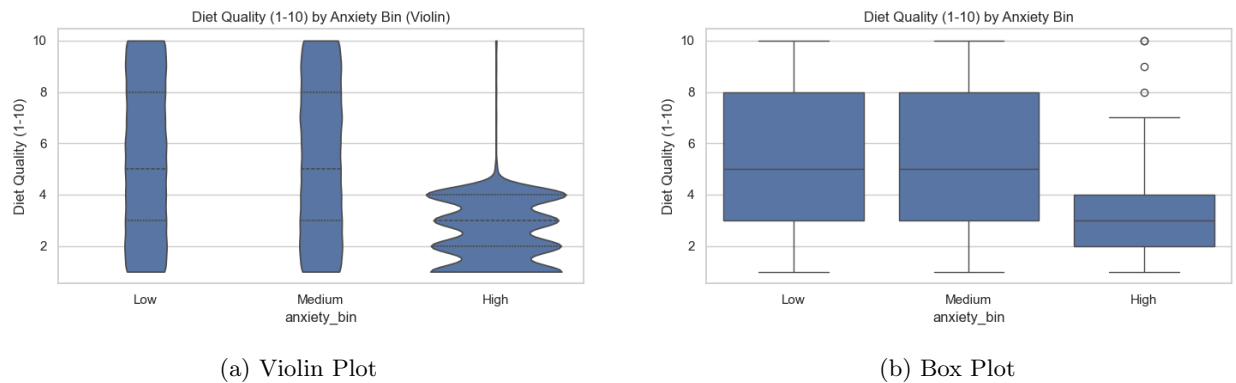


Figure 6: Self-reported diet quality (1–10) by anxiety level.

- **Low vs. Medium:** Broad 1–10, slight peak 5–8.
- **High:** Clustered 1–4, peak 2–3.
- **Insight:** Poorer diet quality is associated with high anxiety.

7 Dizziness by Anxiety

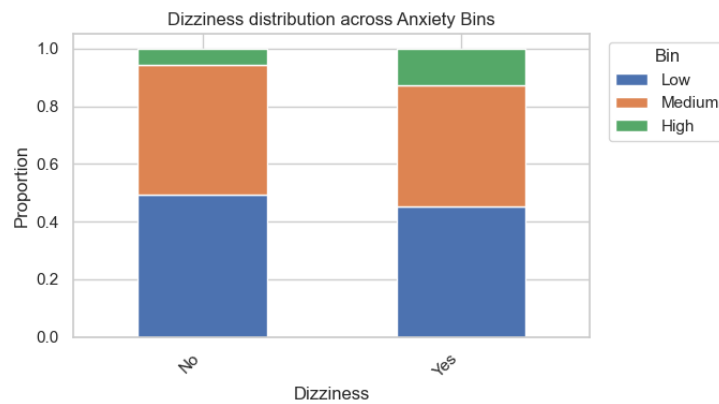


Figure 7: Proportion reporting dizziness across anxiety levels.

- **No Dizziness:** Low 50
- **Yes Dizziness:** Low 45
- **Insight:** Dizziness prevalence increases with anxiety.

8 Family History by Anxiety

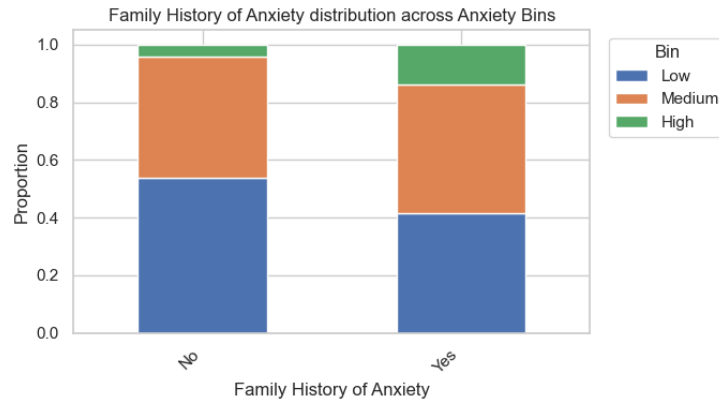


Figure 8: Family history of anxiety vs. current anxiety levels.

- **No History:** Low 54
- **History:** Low 42
- **Insight:** Family history triples proportion in high anxiety bin.

9 Gender by Anxiety

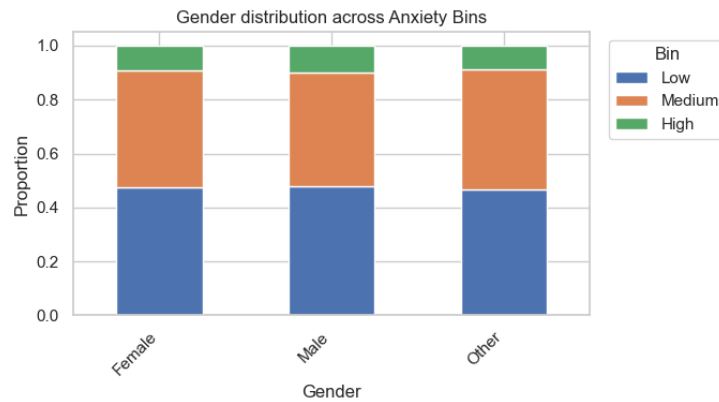


Figure 9: Gender distribution across anxiety levels.

- Female/Male/Other: 48
- **Insight:** No meaningful gender differences in anxiety.

10 Heart Rate by Anxiety

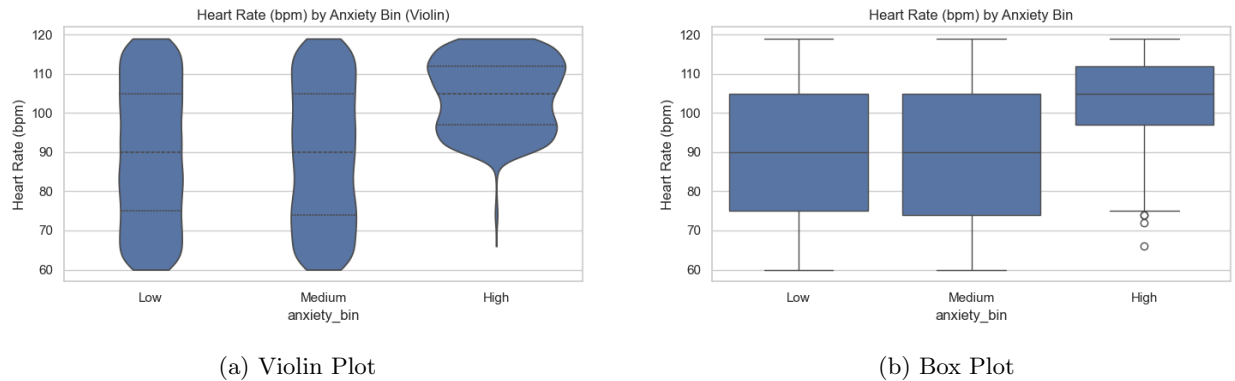


Figure 10: Resting heart rate (bpm) by anxiety level.

- **Low/Medium:** median 90bpm; range 60–118.
- **High:** median 105bpm; range 95–115.
- **Insight:** Elevated heart rates align with higher anxiety.

11 Medication Usage by Anxiety

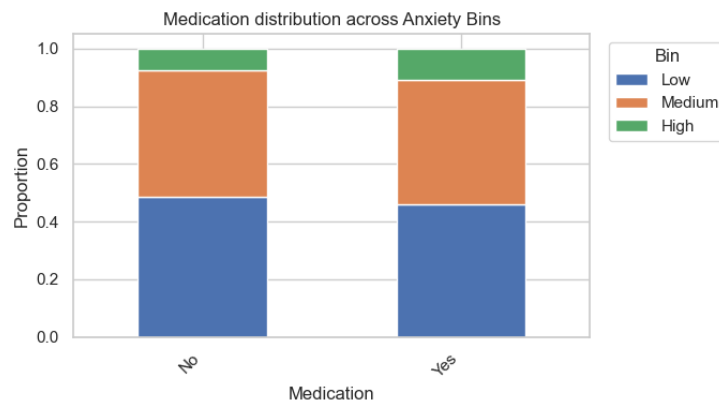


Figure 11: Medication usage across anxiety levels.

- **No Medication:** Low 48
- **On Medication:** Low 46
- **Insight:** Medication users have higher high-anxiety proportion.

12 Occupation by Anxiety

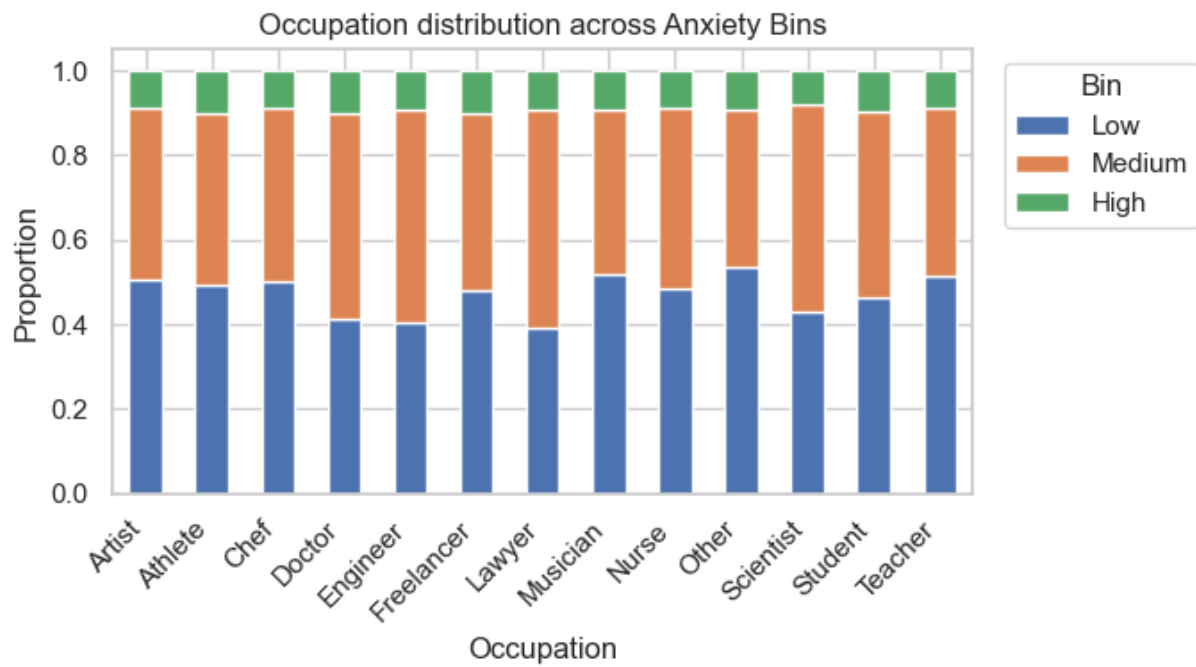


Figure 12: Occupational breakdown across anxiety bins.

- Service roles: Low 50
- Freelancers/Scientists/Students: Low 40
- **Insight:** While Low and Medium bins dominate across all occupations, occupations with more freelance/contract work (e.g. Freelancers, Lawyers) and student status show slightly higher Medium and High anxiety proportions. Conversely, service-based roles (Artists, Chefs, Nurses, Teachers) cluster more in Low anxiety. Differences are modest, indicating occupation has a subtle association with anxiety level rather than a strong determinant.

13 Physical Activity by Anxiety

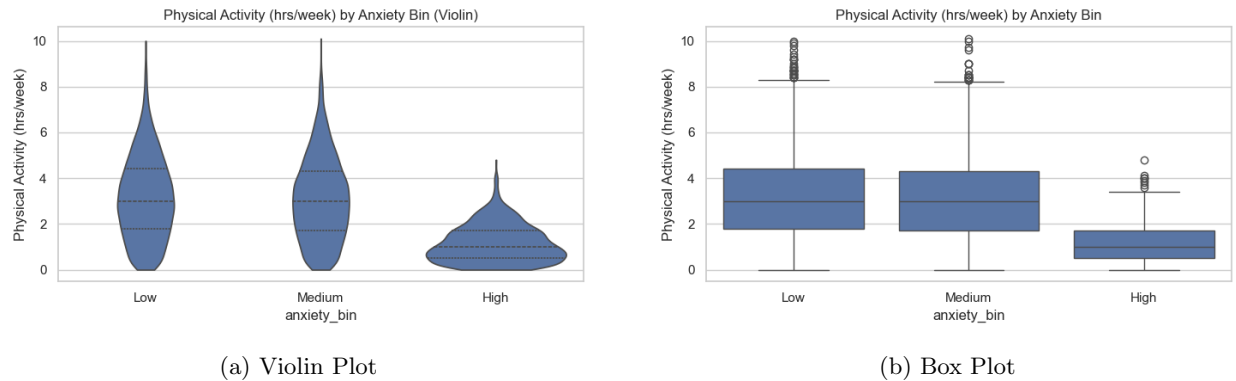


Figure 13: Weekly physical activity (hrs) by anxiety level.

- **Low/Medium:** median 3hrs/week (IQR 2–4).
- **High:** median 1hr/week (IQR 0.5–1.5).
- **Insight:** Higher anxiety linked to reduced activity.

14 Major Life Events by Anxiety

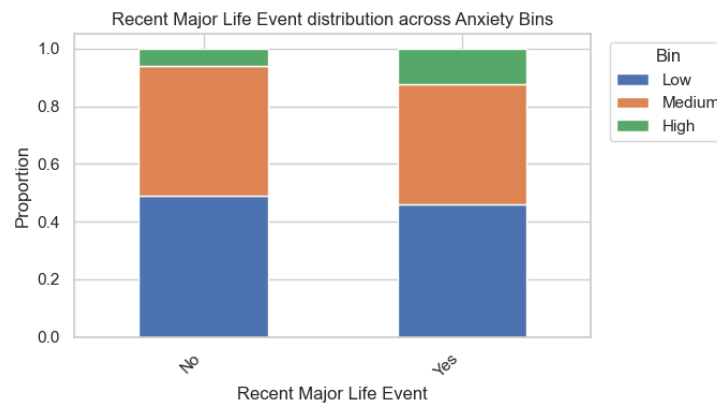


Figure 14: Recent major life events vs. anxiety levels.

- **No Event:** Low 49
- **Event:** Low 46
- **Insight:** Life events correspond with higher anxiety.

15 Sleep Hours by Anxiety

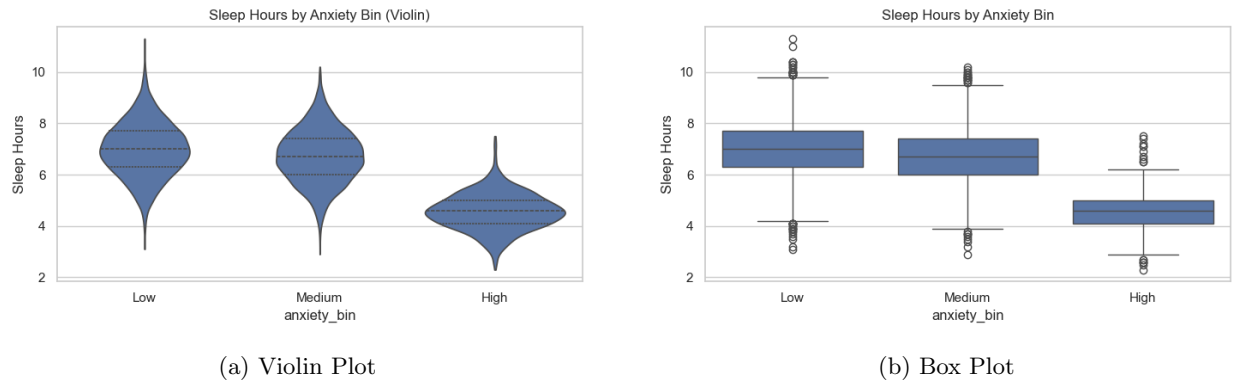


Figure 15: Average sleep hours by anxiety level.

- **Low:** median 7hrs (IQR 6.5–7.5).
- **Medium:** 6.75hrs (IQR 6–7.25).
- **High:** 4.5hrs (IQR 4–5).
- **Insight:** Reduced sleep with higher anxiety.

16 Smoking by Anxiety

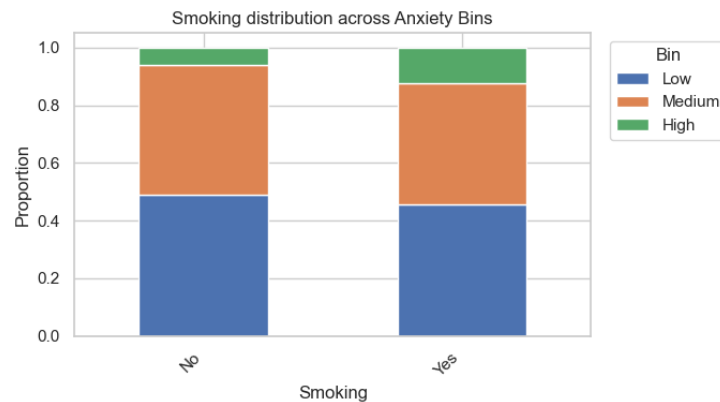


Figure 16: Smoking status distribution across anxiety levels.

- **Non-Smokers:** Low 49
- **Smokers:** Low 45
- **Insight:** Smoking associates with higher anxiety.

17 Stress Level by Anxiety

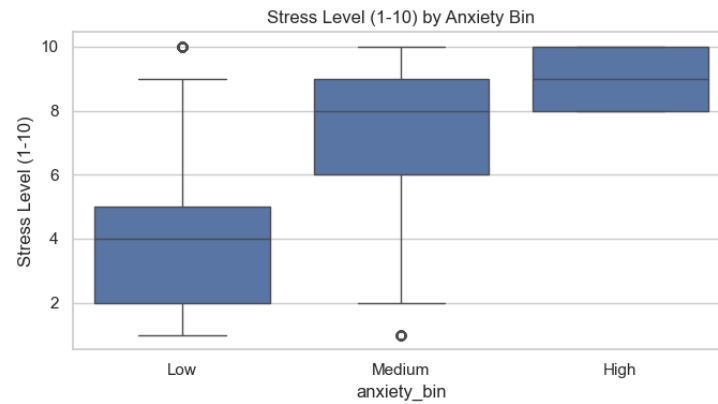


Figure 17: Self-reported stress level (1–10) by anxiety level.

- **Low:** median 4 (IQR 2–5).
- **Medium:** 8 (IQR 6–9).
- **High:** 9 (IQR 9–10).
- **Insight:** Stress rises sharply with anxiety.

18 Sweating Level by Anxiety

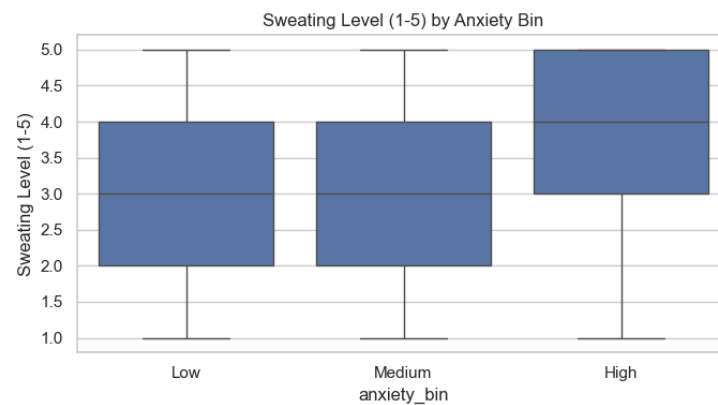


Figure 18: Sweating intensity (1–5) by anxiety level.

- **Low/Medium:** median 3 (IQR 2–4).
- **High:** median 4 (IQR 3–5).
- **Insight:** Sweating increases with higher anxiety.

19 Therapy Sessions by Anxiety

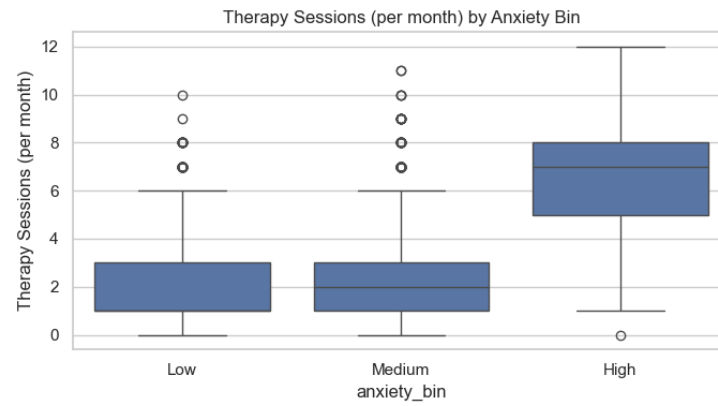


Figure 19: Monthly therapy sessions by anxiety level.

- **Low/Medium:** median 2 sessions (IQR 1–3).
- **High:** median 7 sessions (IQR 5–8).
- **Insight:** High anxiety drives greater therapy utilization.