

# MENTAL HEALTH INDICATORS: ANXIETY & DEPRESSION



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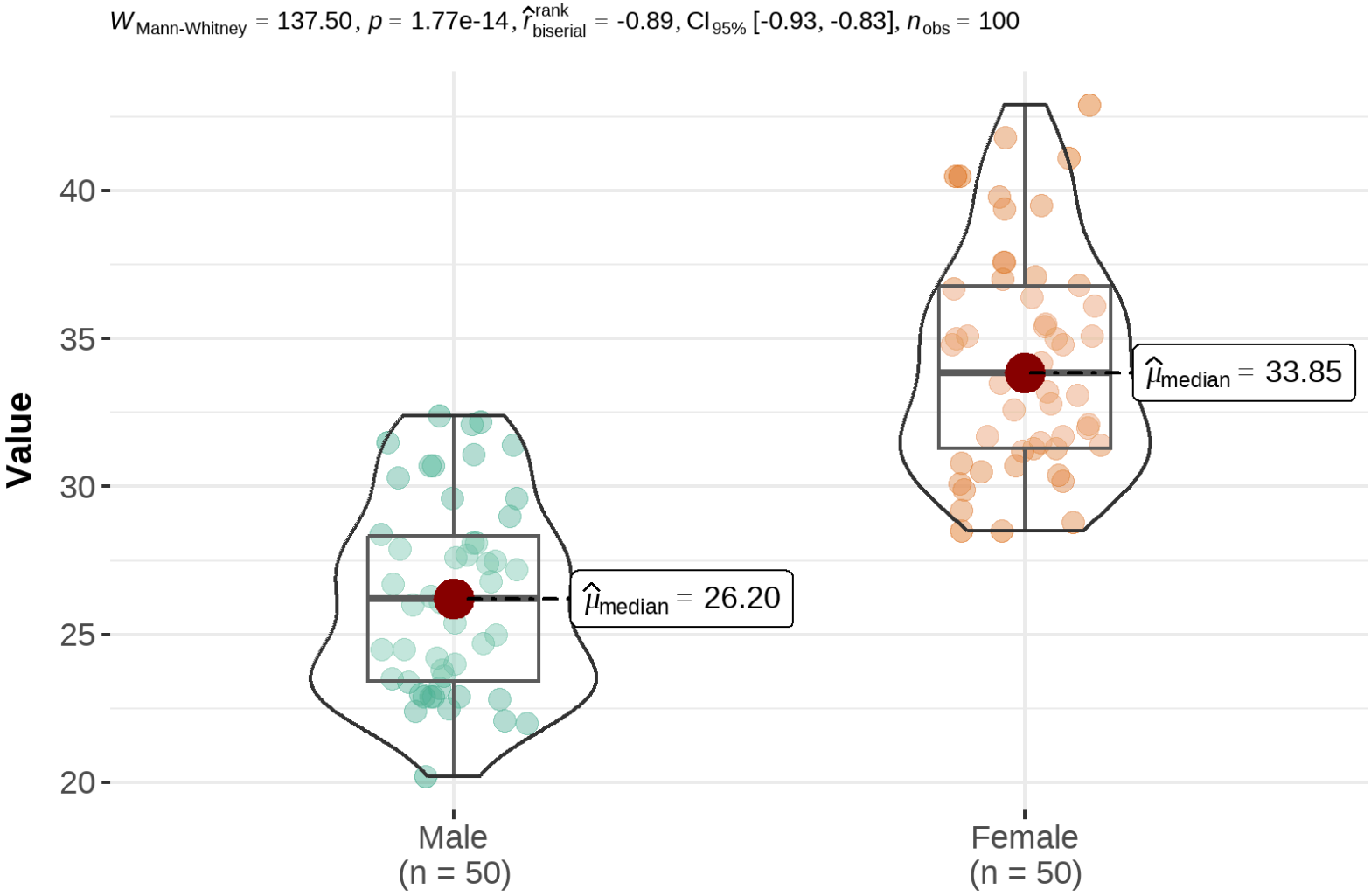


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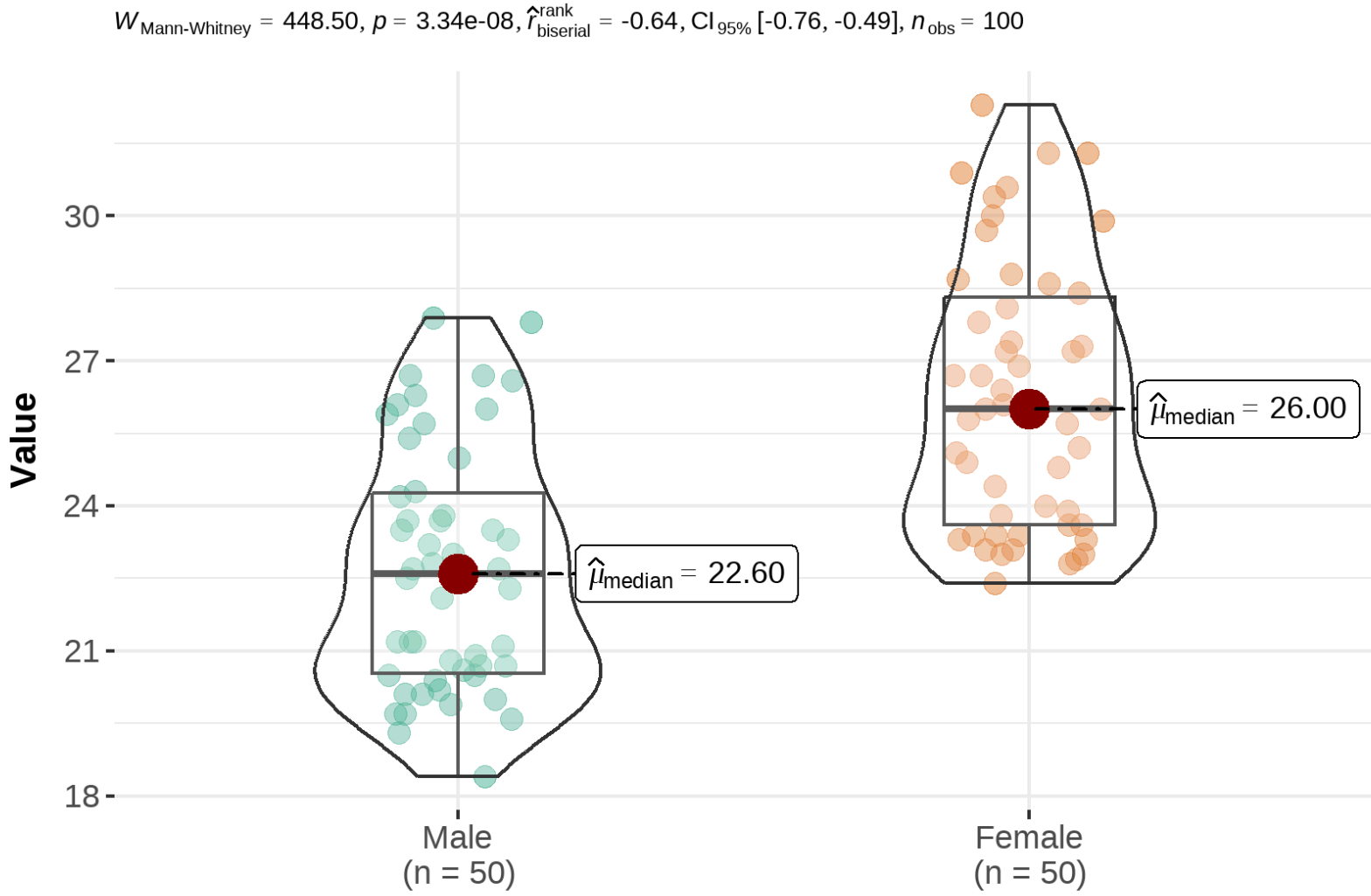


Anxiety and depression are widespread mental health problems that affect daily functioning, social interactions, and overall well-being. This study is based on survey data collected after the COVID-19 pandemic and examines self-reported anxiety and/or depression symptoms experienced within the past 7 days. By visualizing these indicators, the study aims to better understand how mental health symptoms are distributed across different population groups.

### Symptoms of Anxiety Disorder



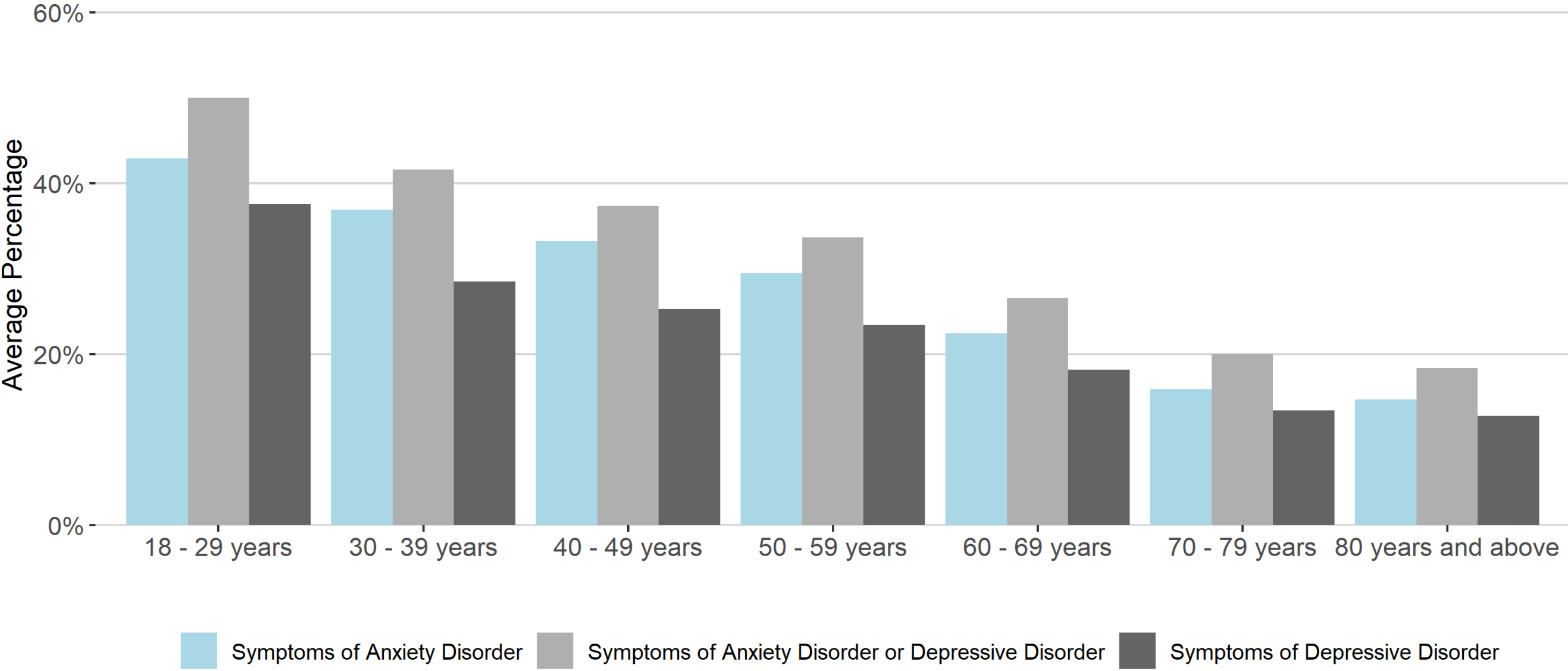
### Symptoms of Depressive Disorder



The Mann–Whitney U test was used for comparisons between groups, with a significance level of  $\alpha = 0.05$ . Statistically significant differences were observed between groups for anxiety and depression symptoms ( $p < 0.05$ ). The results indicate that these symptoms are observed at higher levels in the female group compared to the male group. The higher distribution of women in the graphs and the higher median values clearly show that anxiety and depression symptoms are more common and more intense in women.

### Comparison of Anxiety and Depression Symptom Prevalence Across Age Groups

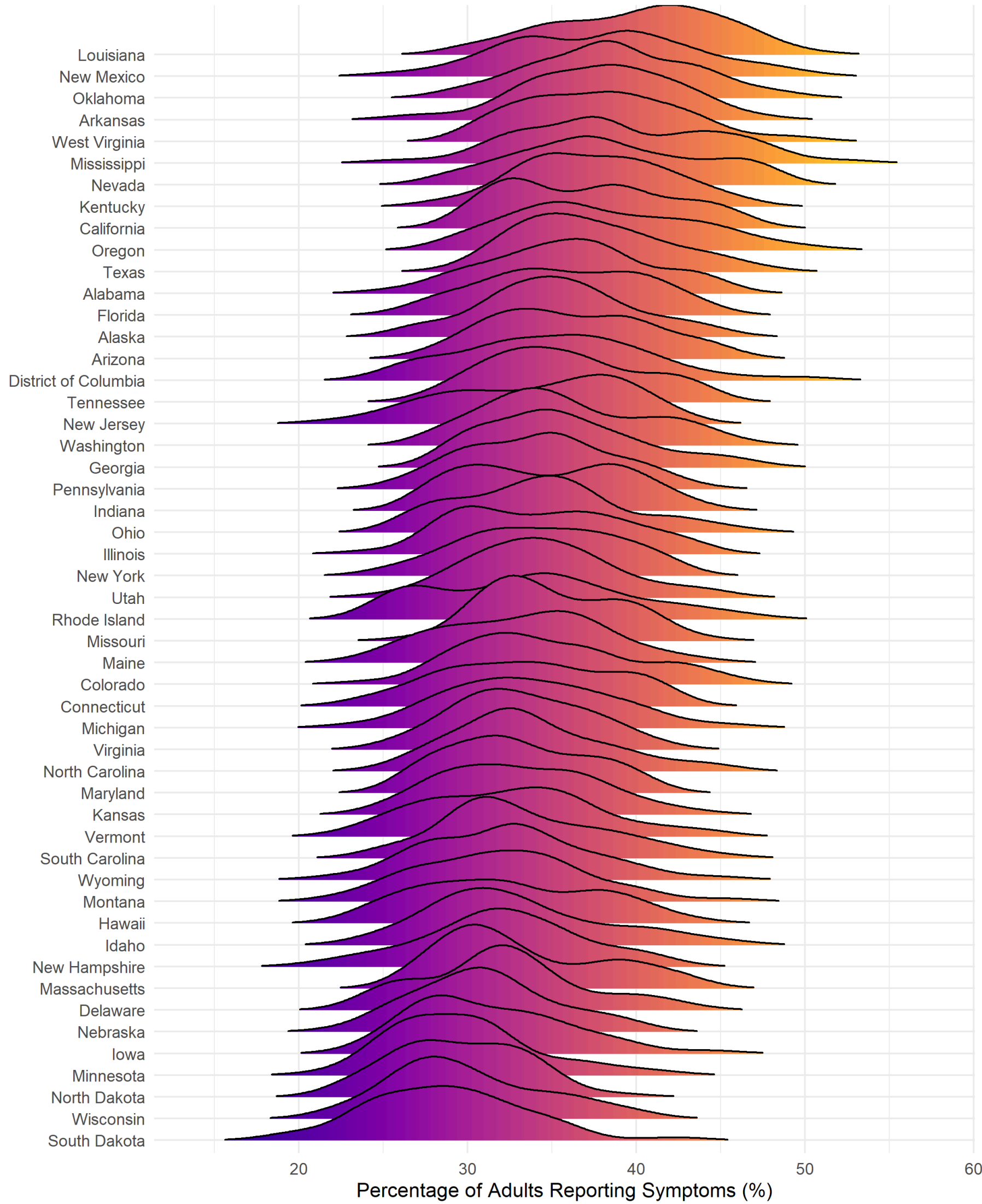
Average Self-Reported Symptom Prevalence Over All Survey Waves



Symptoms of anxiety and depression are more prevalent in younger age groups and decrease steadily with age. Across all age groups, the combined presence of anxiety and depressive symptoms shows the highest rates.

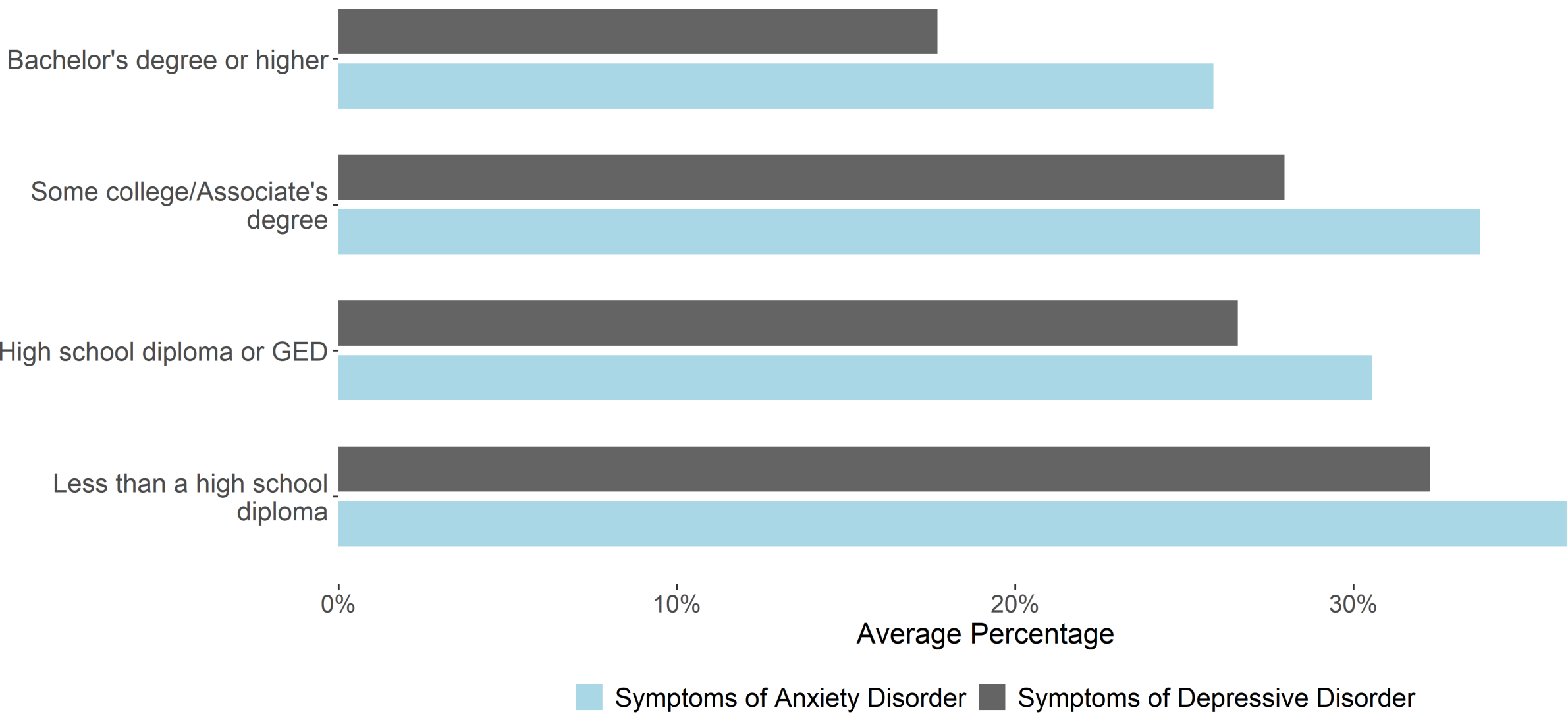
### State-Level Distribution of Anxiety and Depression Symptoms in the U.S.

Reported Symptom Prevalence Across States



### Anxiety and Depression Symptoms Across Education Levels

Average Self-Reported Symptom Prevalence Over Survey Waves



The incidence of anxiety and depression symptoms decreases as the level of education increases. These symptoms are reported at higher rates in groups with lower levels of education, while they are observed to be lower in those with higher levels of education. Furthermore, anxiety symptoms are more common than depression symptoms in all education groups.

### References:

<https://catalog.data.gov/dataset/indicators-of-anxiety-or-depression-based-on-reported-frequency-of-symptoms-during-last-7->

The study shows that some states have higher median levels of anxiety and depression symptoms compared to others. This indicates that mental health problems are not evenly distributed among states and that regional differences are significant. Ranking based on median suggests that these differences are not coincidental but form a systematic pattern.

