

Anxiety



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What is anxiety?

Mild anxiety is a normal response to everyday challenges. However, anxiety disorders go beyond mere worry or temporary fear. For sufferers, anxiety persists and can intensify over time, significantly interfering with daily activities such as work, study and personal relationships.

In this presentation, we will explore the main causes of anxiety, analyzing the factors that contribute to the development of this disorder.

Finally, we will examine the impact of the COVID-19 pandemic, which has seen a significant increase in anxiety cases worldwide, deeply affecting global mental health.

Causes of Anxiety



Genetic Factors



Environmental factors



Lifestyles and Habits



Health Conditions



Psychological Factors

Type of anxiety disorder

Generalized
anxiety
disorder

Panic disorder

Specific
phobia

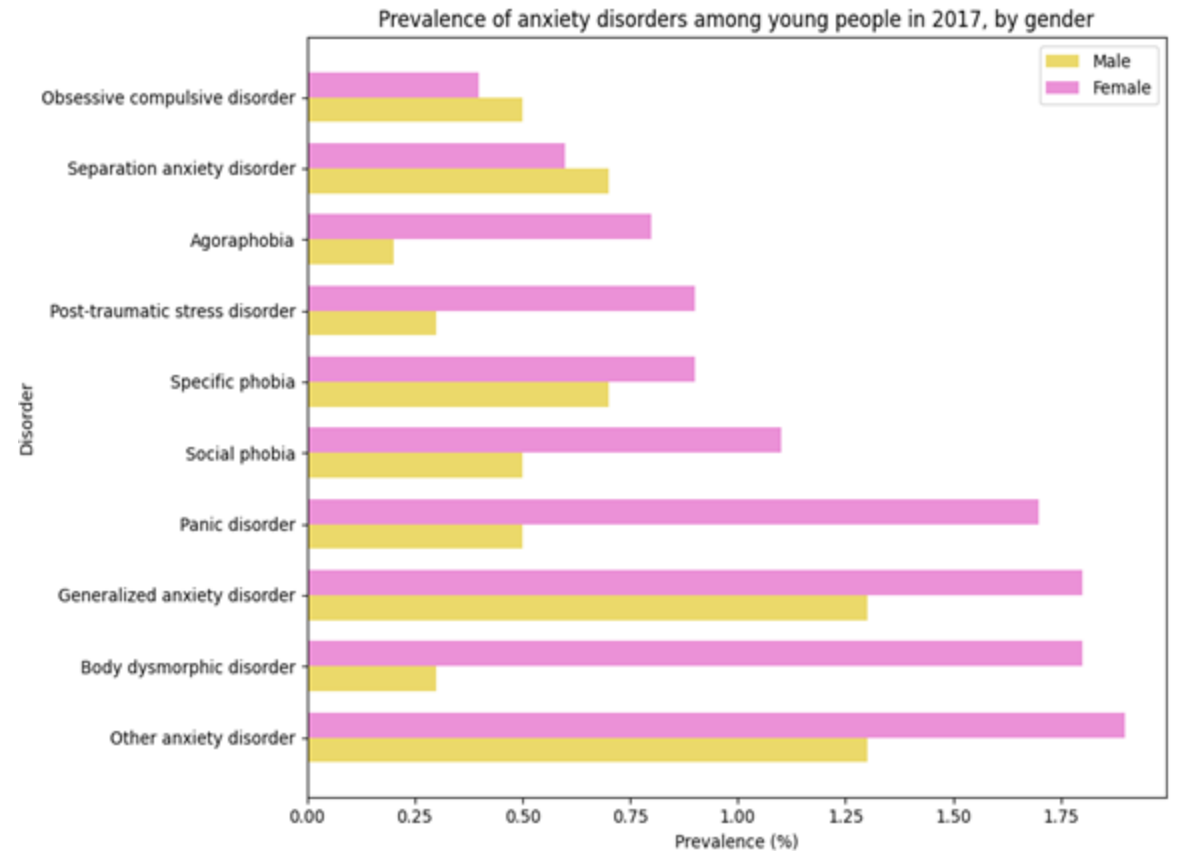
Social phobia

Obsessive
compulsive
disorder

Post-traumatic
stress disorder

Different anxiety disorders in young people

- The graph shows the prevalence of various anxiety disorders among young people in England in 2017
- Statistically, females suffer from anxiety disorders more frequently than their male peers
- The most common disorder among women is body dysmorphic disorder



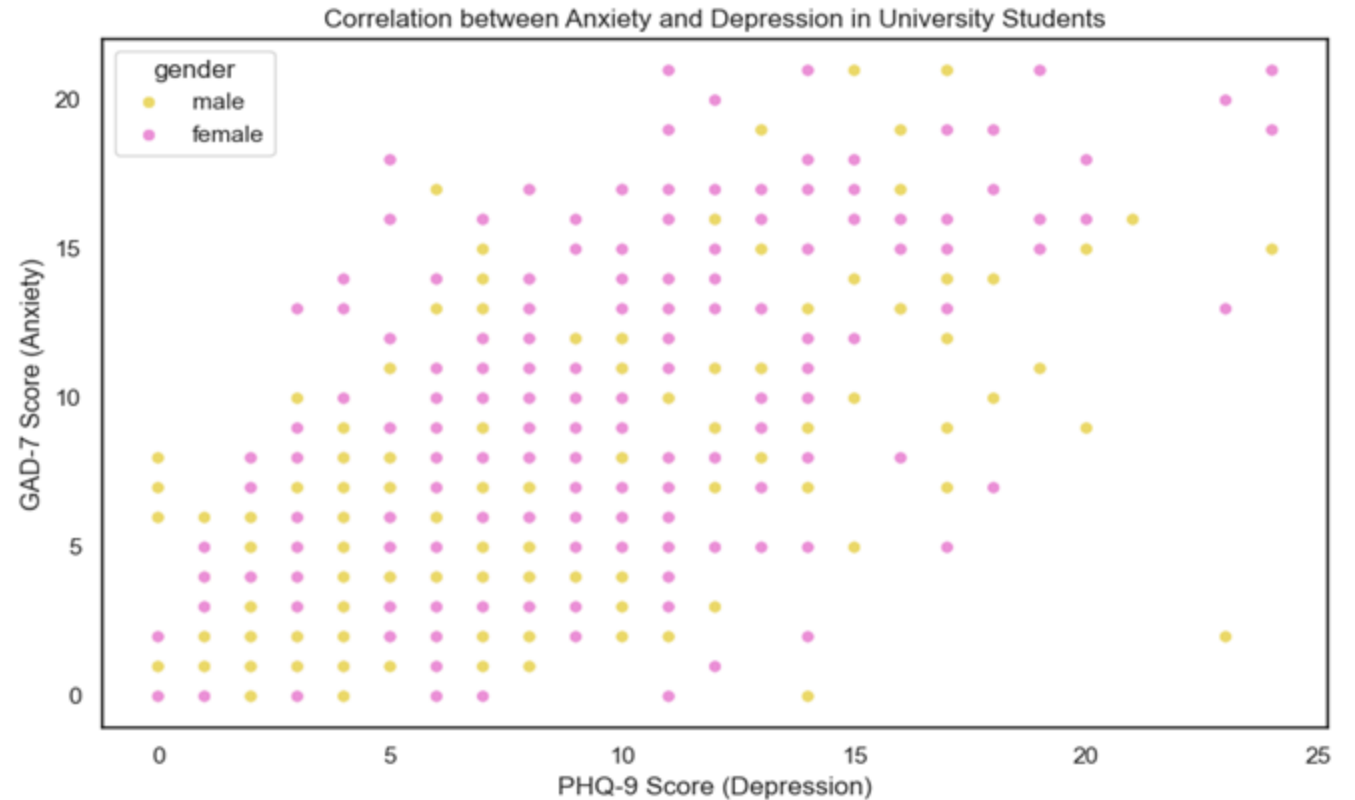
Anxiety university students by gender



- This data sample was collected from university students at the University of Lahore in Pakistan
- From the graph we can see that females tend to have higher GAD-7 (Generalised Anxiety Disorder) anxiety scores than males

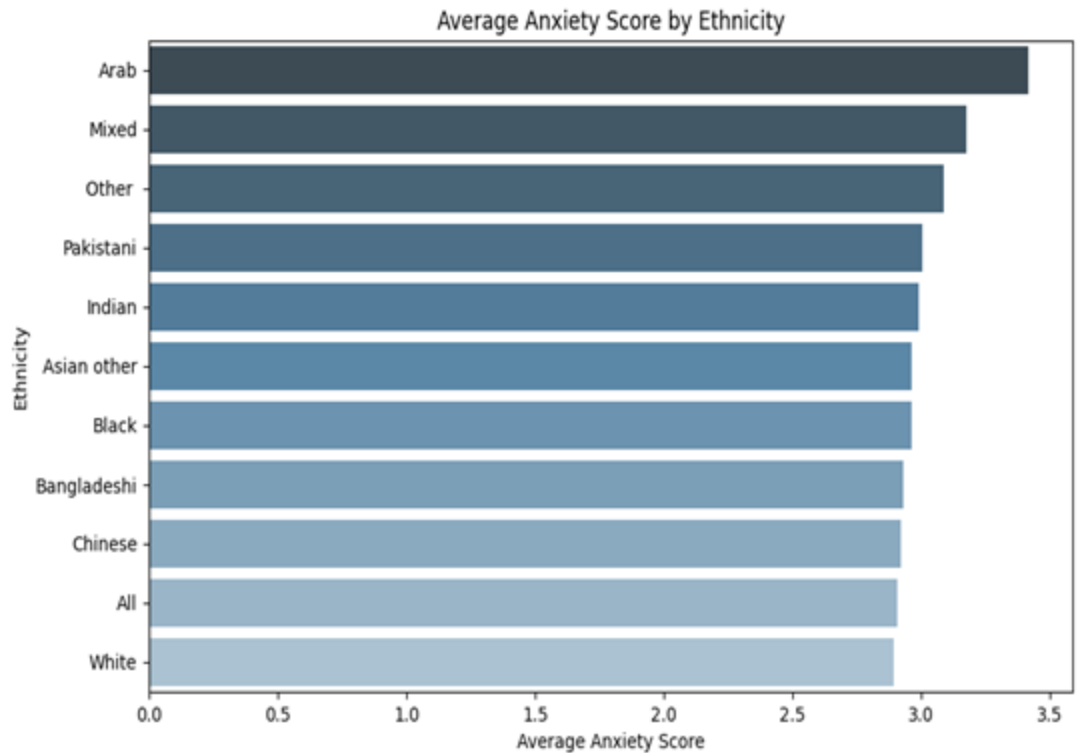
Anxiety/Depression correlation among university students

- The graph shows a clear positive correlation between anxiety scores (GAD-7) and depression scores (PHQ-9)
- Students with higher depression scores also tend to have higher anxiety scores, regardless of gender



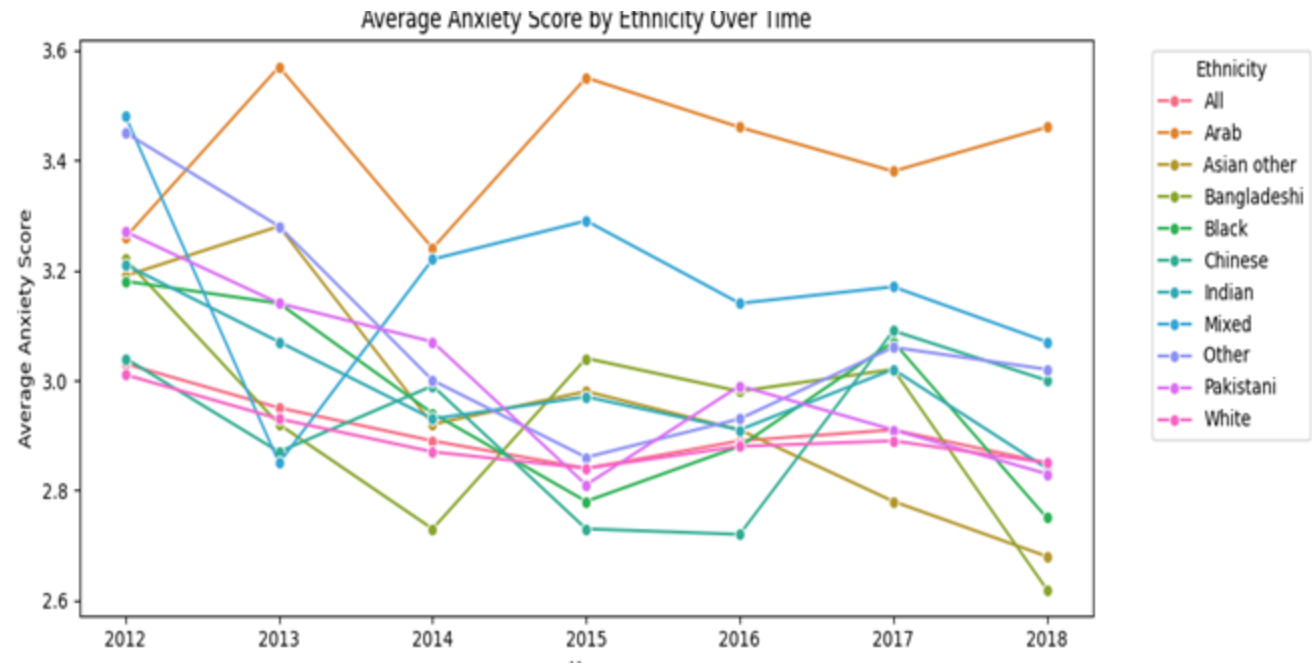
Anxiety score by ethnicity in UK

- We chose to focus in the study in relation to different ethnicities, as the UK is a multi-ethnic country
- The relationship between ethnicity and anxiety level shows that the ethnic group most affected by anxiety is Arab, while the white ethnic population has the lowest anxiety level
- Overall, the average anxiety level falls within a range of 2,92 to 3,36



Anxiety score by ethnicity over time

- Over the period 2012-2018, the average anxiety score in the UK decreased from 3.03 to 2.85, on a scale where 10 represents the maximum value
- The only ethnicity that did not contribute to the decrease was Arab; however, the wide variability of responses within this group does not allow for firm conclusions to be drawn



Anxiety by Personal Characteristic

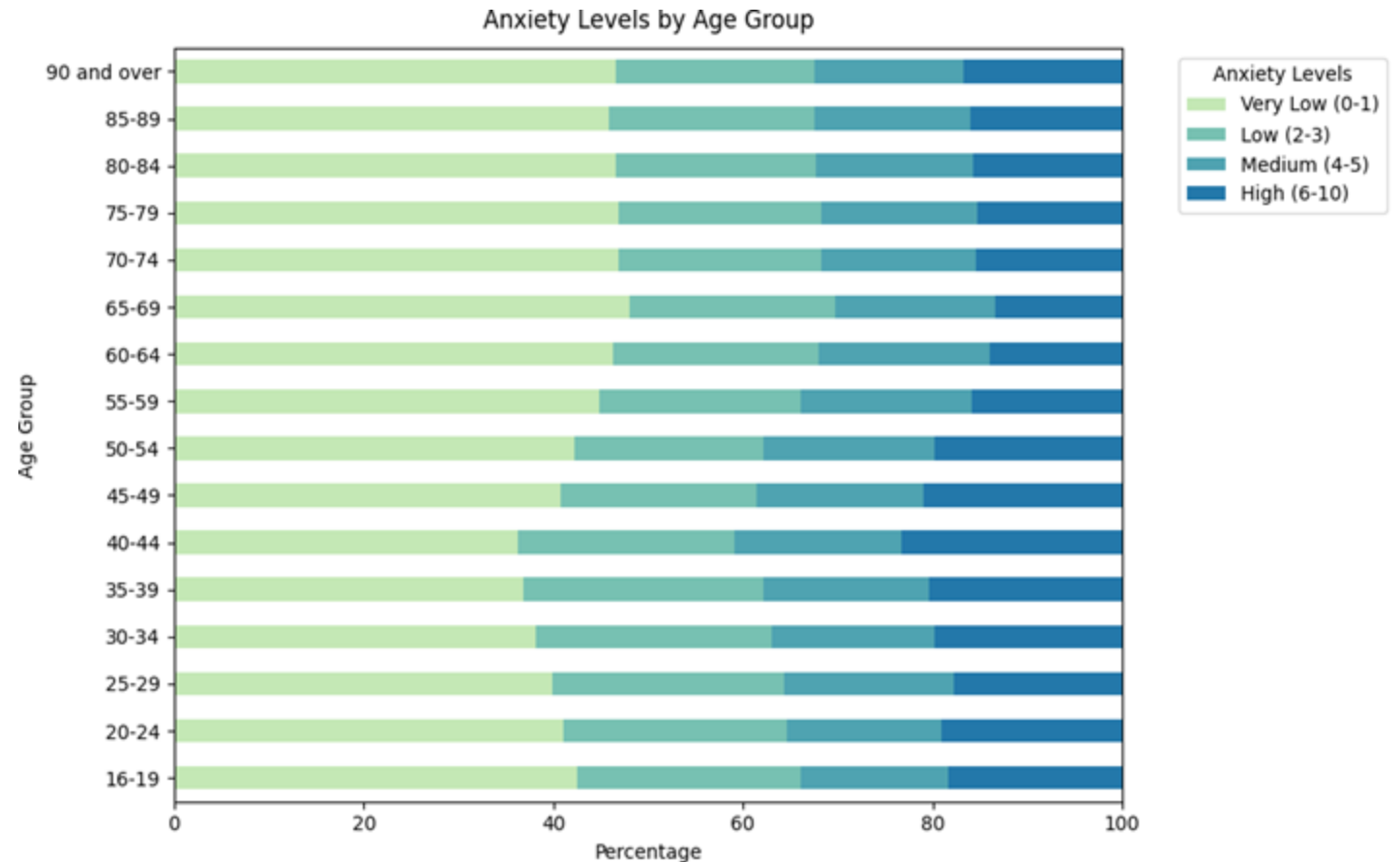
In order to investigate the prevalence of anxiety disorders, we referred to research conducted in the United Kingdom during the three-year period April 2012 - March 2015, dataset '*Estimates of Anxiety from the Annual Population Survey (APS) Personal Well-being*'.

Personal characteristics analysed :

- Age Group
- Self-reported Health
- Working Part-time or Full-time + Reason for Part-time Work
- Religion
- Marital Status

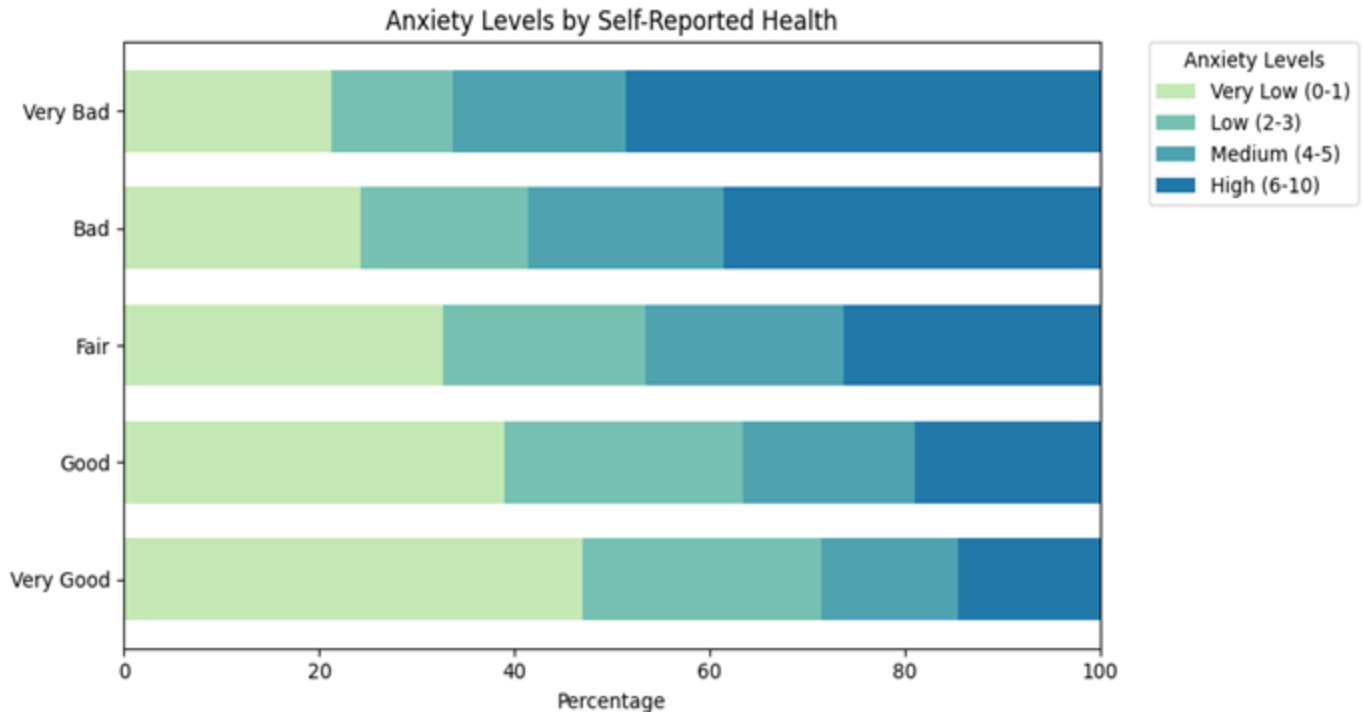
Anxiety levels by Age Group

- Regardless of age group, people suffer from a very low level of anxiety (0-1)
- Between the ages of 20-59, from adolescence to adulthood, the percentage of people with a level of anxiety between 0-1 decreases, while the level of anxiety between 4-5 and 6-10, the medium and high level increases
- The change is likely attributable to increased professional and/or family responsibilities



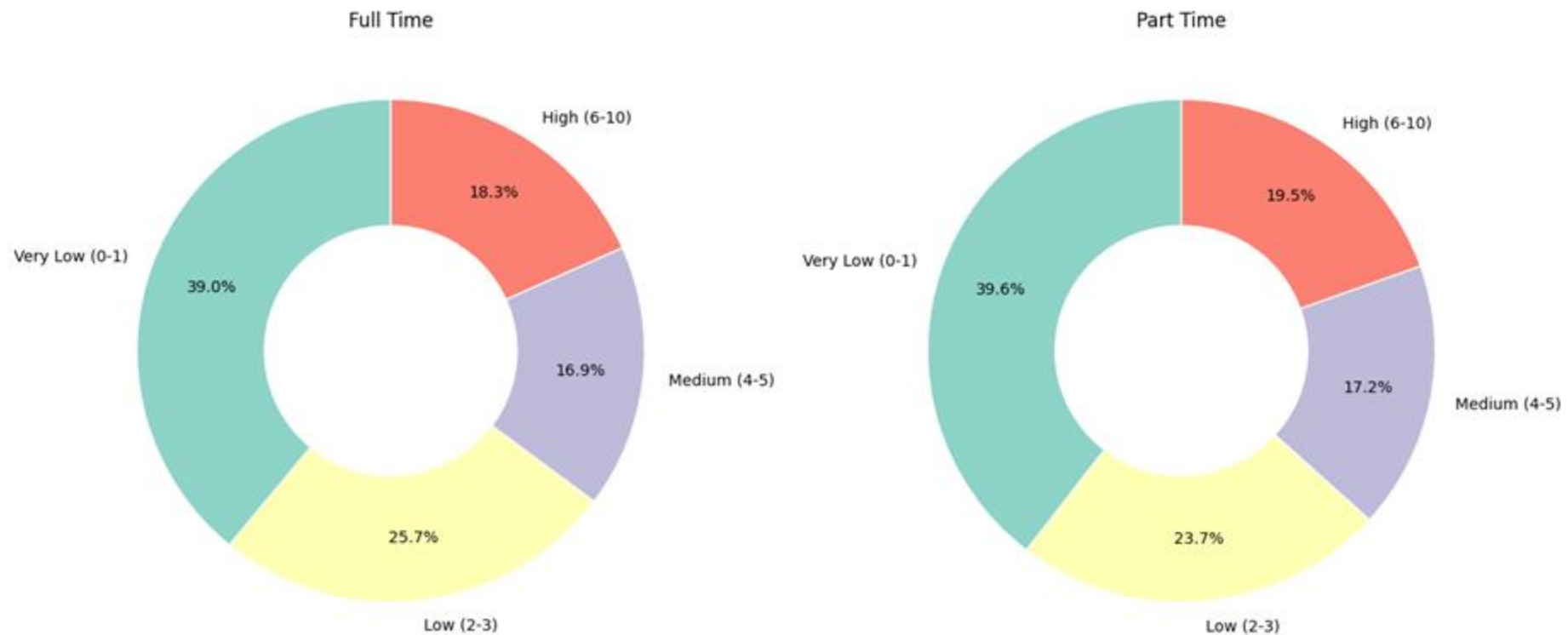
Anxiety levels by Self-reported Health

- A clear pattern emerges where anxiety decreases as self-reported health improves
- Those who describe their health as "Good" and "Very Good" exhibit significantly lower anxiety levels than those in the "Bad" or "Very Bad" categories, underscoring the link between perceived health and mental wellness



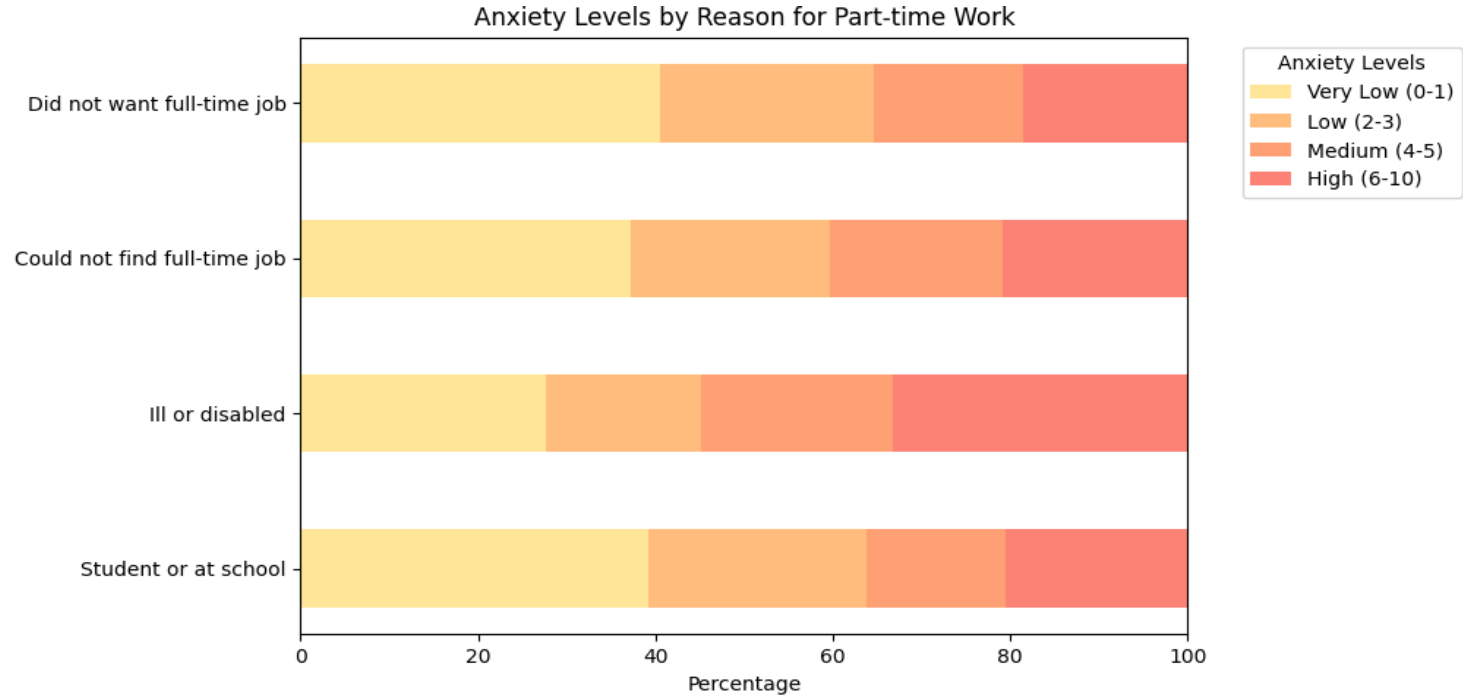
Anxiety levels by Working Part-time or Full-time

- The data implies that the number of working hours does not significantly influence the level of anxiety; the percentage variations are marginal
- It is therefore other factors that influence, such as job role, personal life or health



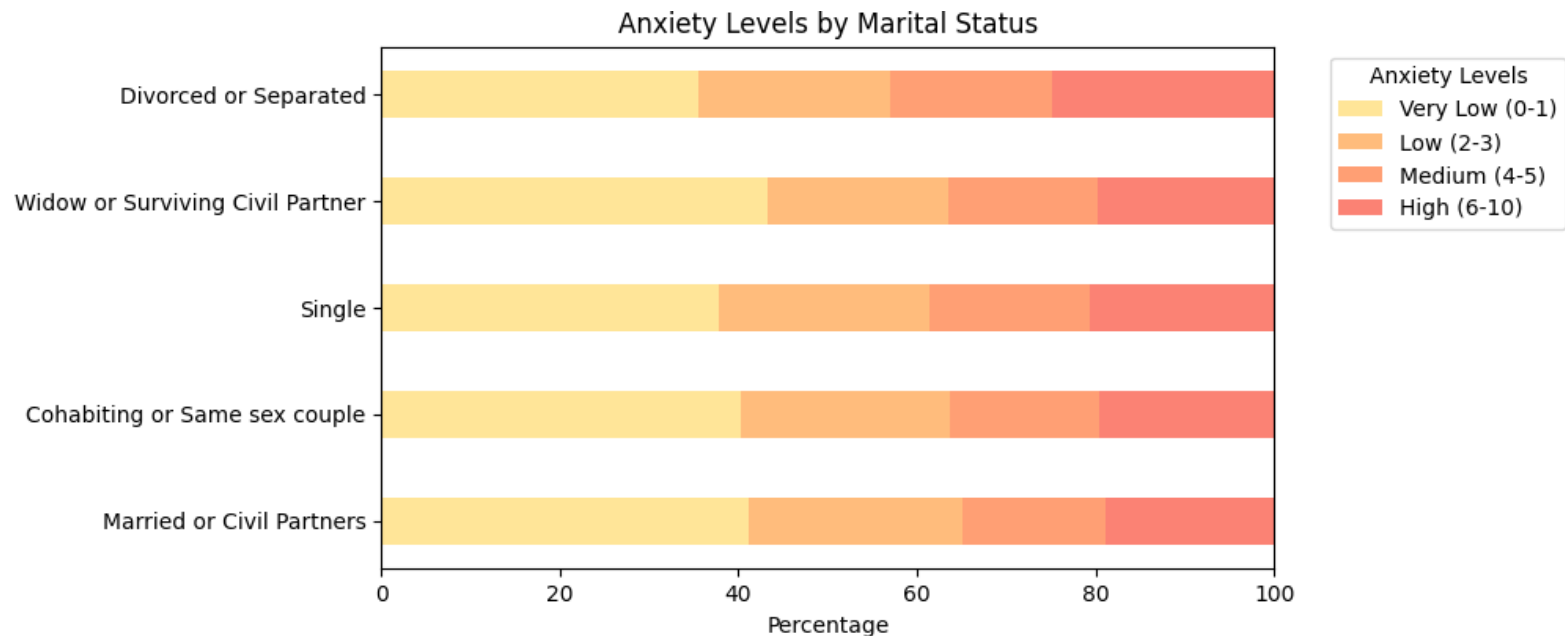
Anxiety levels by Reason for Part-time Work

Sick or disabled part-time workers have a higher percentage of high anxiety levels (6-10) than other categories, presumably attributable to their health conditions



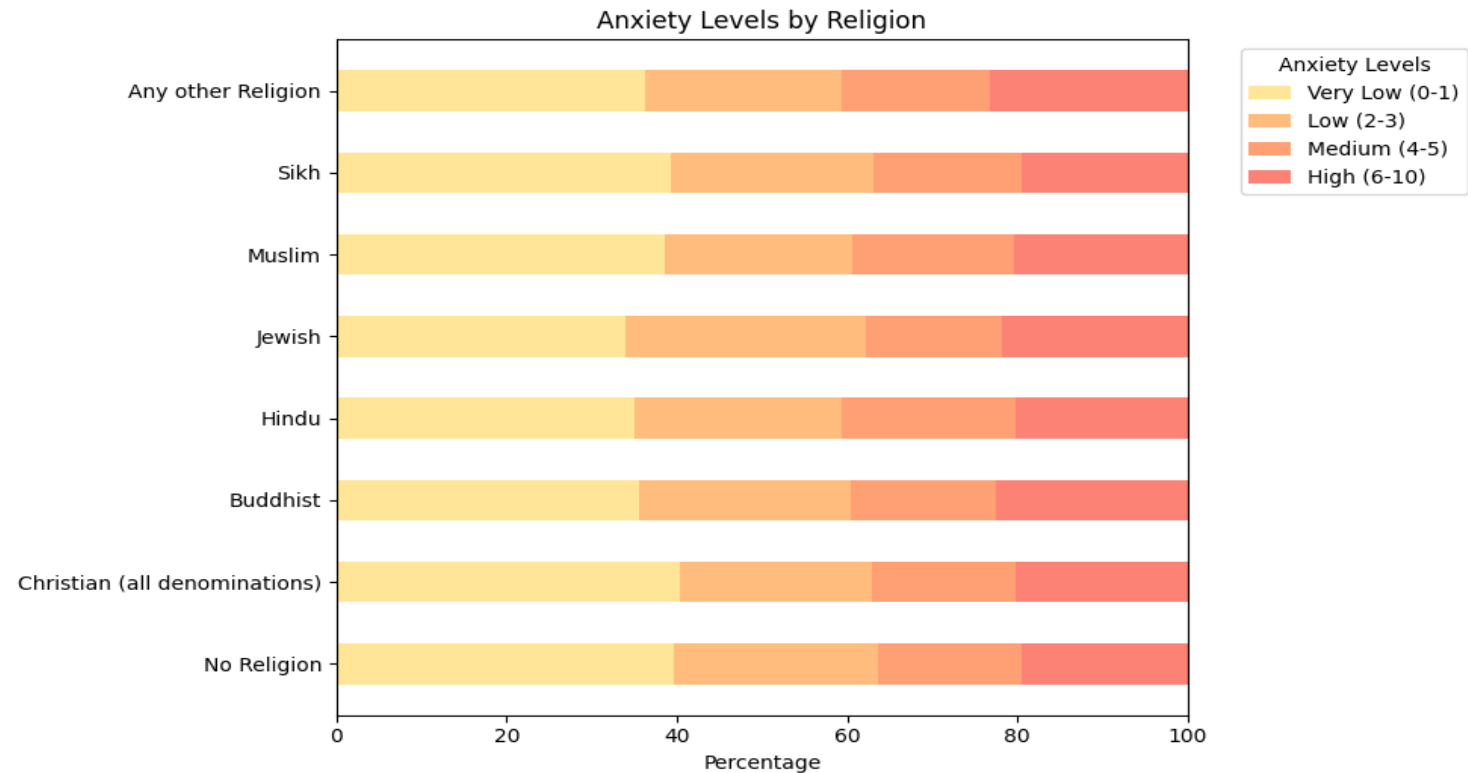
Anxiety levels by Marital Status

- Divorced or Separated or Former/separated Civil Partners suffer from a higher degree of anxiety disorder (high level 6-10) also correlated with a lower degree of anxiety at a very low level (0-1)
- When assessing the value of the mean, Married or Civil Partners and Widow or Surviving Civil Partners have a lower level of anxiety than Single or Divorced or Separated or Former/separated Civil Partners



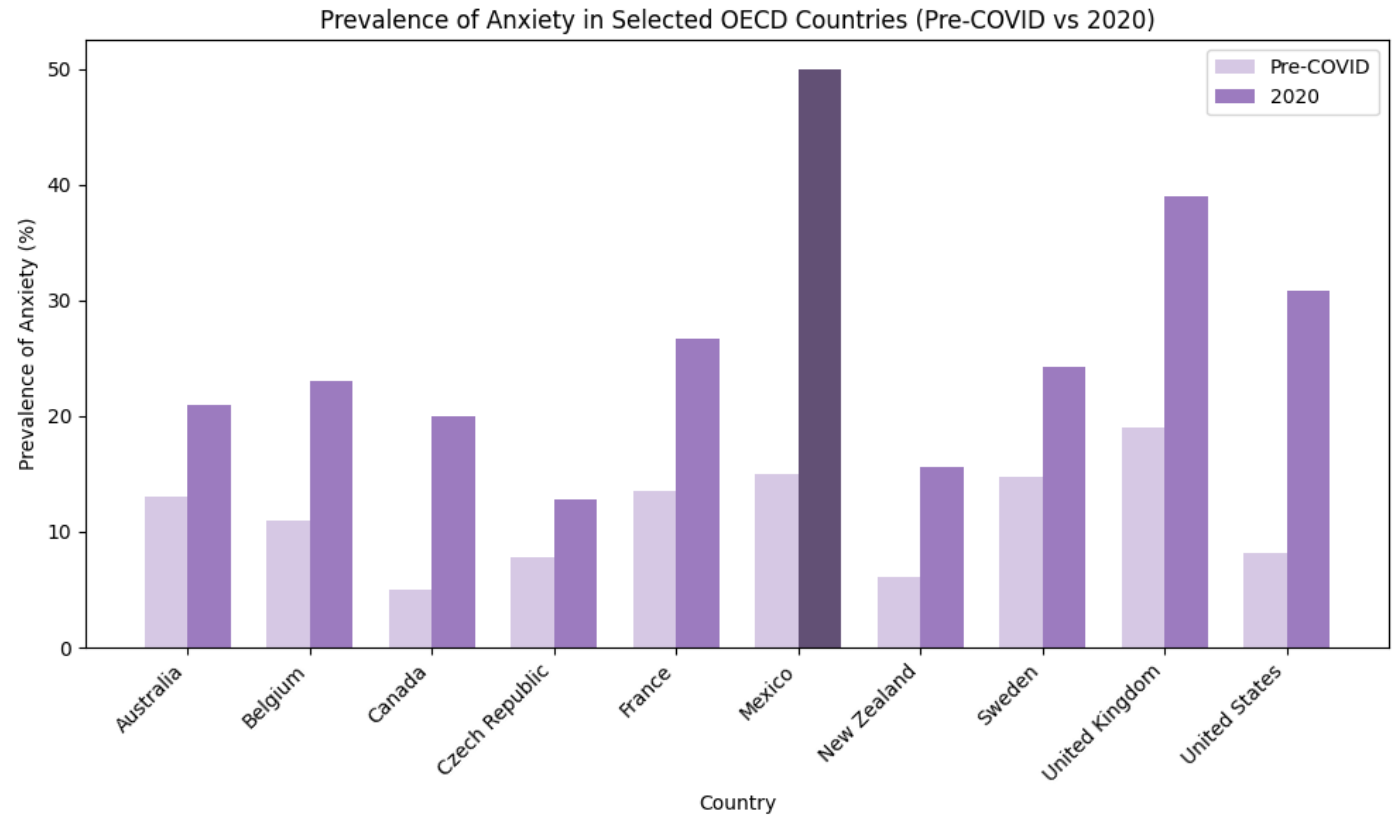
Anxiety levels by Religion

Religion has a marginal impact on anxiety disorder; if one looks at the average, Sikhs and those who do not practise any religion show a lower level of anxiety



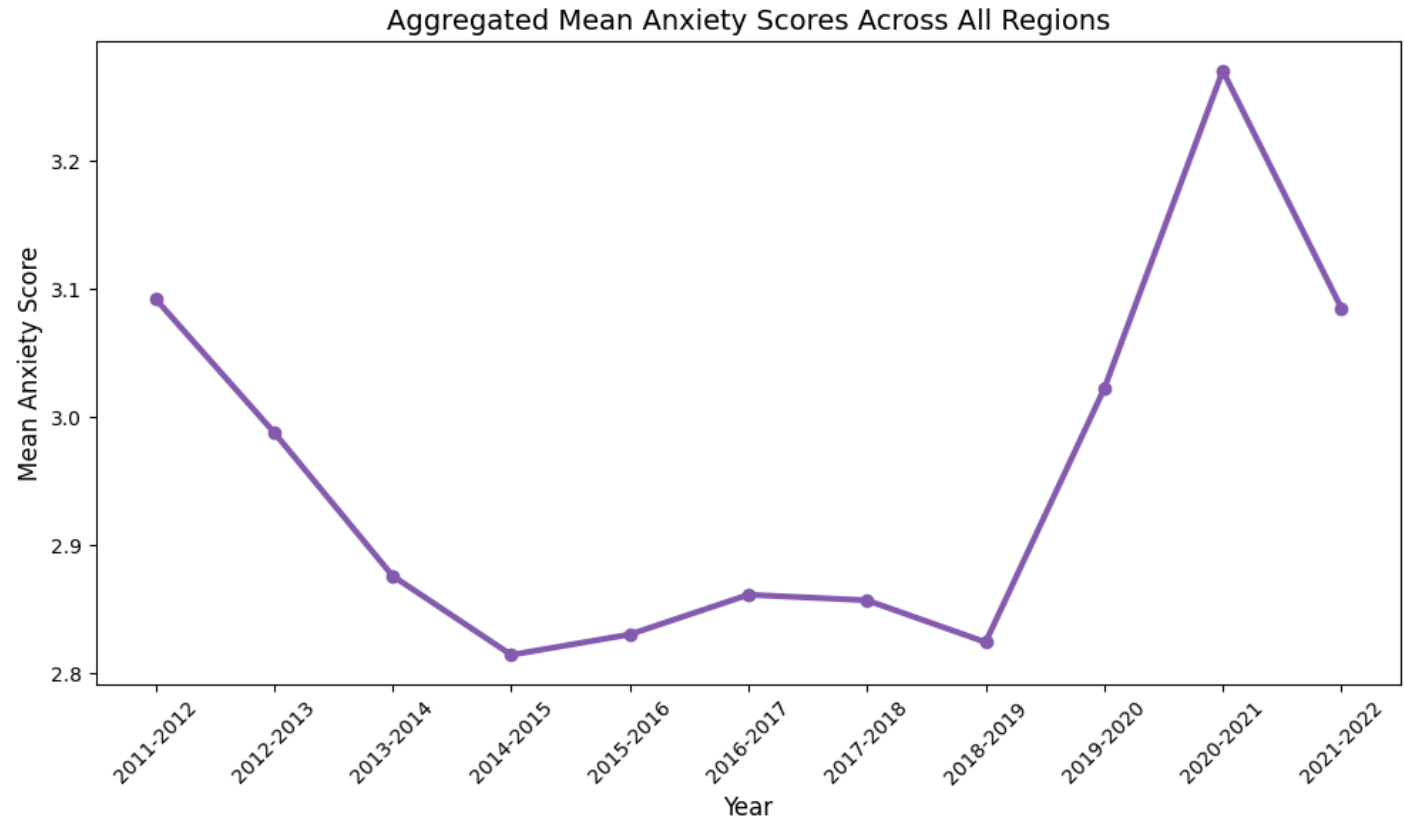
Anxiety in OECD countries period Pre-COVID - early 2020

- The processed data refer to national statistics of some OECD countries (Organisation for Economic Co-operation and Development)
- The graph clearly shows that the COVID-19 pandemic has increased anxiety levels in all the countries presented
- Mexico and the United States experienced the most dramatic increases, but no country was immune to the impact of the pandemic on mental health



Anxiety in UK period April 2011 - March 2022

- The graph represents the average vote of the UK population for each year of the reference period
- The general trend of a decrease in anxiety between 2011-2017 followed by a strong increase between 2019 and 2021, caused by the Covid pandemic, to return in 2022 to the levels of 2011-2012



Conclusion

The analysis shows how anxiety varies based on different factors and highlights a significant increase during the COVID-19 pandemic. Some statistics are not surprising, being partly predictable, but others are much more so. Although many people are aware that some groups face greater difficulties and pressures than others, there are less obvious groups that are equally vulnerable. This shows that, even if we are not apparently among the most affected groups, no one is truly immune to the impact of anxiety.



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- <https://www.ethnicity-facts-figures.service.gov.uk/health/wellbeing/well-being-anxiety-yesterday/latest/>

LIBRARIES

- <https://matplotlib.org/>
- <https://plotly.com/graphing-libraries/>
- <https://seaborn.pydata.org/>