

# Results of Anxiety Assessment Survey

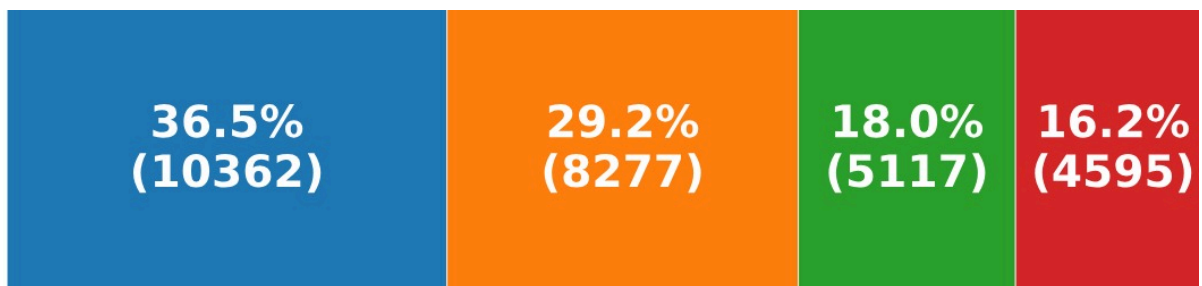
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# PART ONE [QAS]

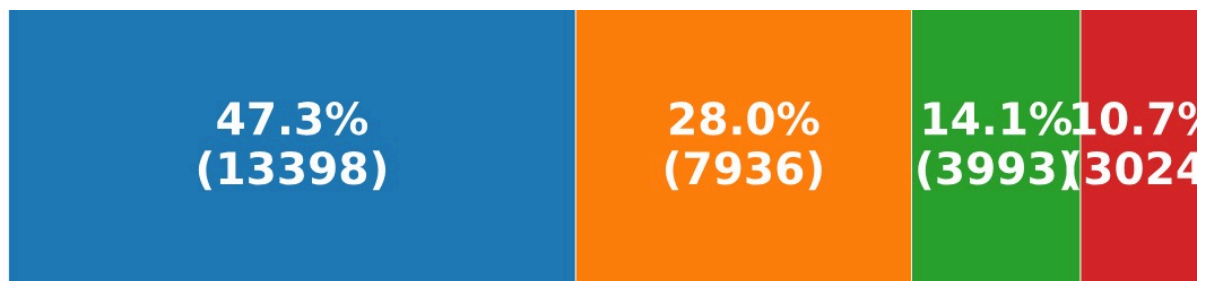
**Question: I was aware of dryness of my mouth.**

- **1 - Did not apply to me at all:** 10362 respondents (36.5%)
- **2 - Applied to me to some degree, or some of the time:** 8277 respondents (29.2%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 4595 respondents (16.2%)
- **4 - Applied to me very much, or most of the time:** 5117 respondents (18.0%)



**Question: I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion).**

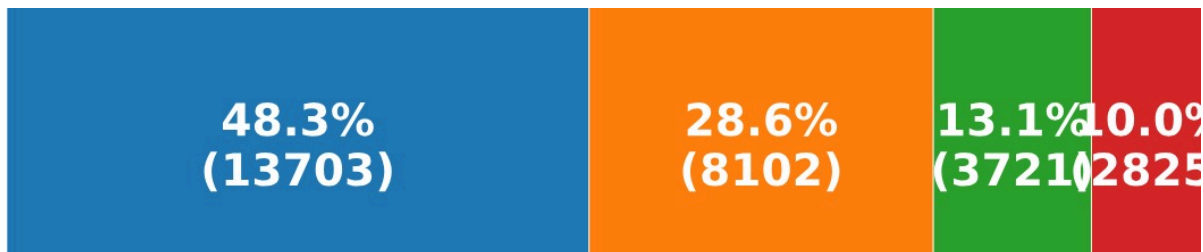
- **1 - Did not apply to me at all:** 13398 respondents (47.3%)
- **2 - Applied to me to some degree, or some of the time:** 7936 respondents (28.0%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 3993 respondents (14.1%)
- **4 - Applied to me very much, or most of the time:** 3024 respondents (10.7%)



**Question: I had a feeling of shakiness (eg, legs going to give way).**

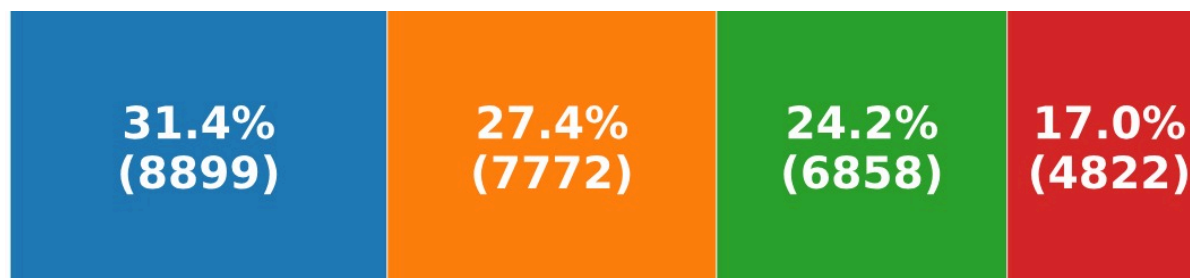
- **1 - Did not apply to me at all:** 13703 respondents (48.3%)

- **2 - Applied to me to some degree, or some of the time:** 8102 respondents (28.6%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 3721 respondents (13.1%)
- **4 - Applied to me very much, or most of the time:** 2825 respondents (10.0%)



**Question:** I found myself in situations that made me so anxious I was most relieved when they ended.

- **1 - Did not apply to me at all:** 4822 respondents (17.0%)
- **2 - Applied to me to some degree, or some of the time:** 8899 respondents (31.4%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 6858 respondents (24.2%)
- **4 - Applied to me very much, or most of the time:** 7772 respondents (27.4%)



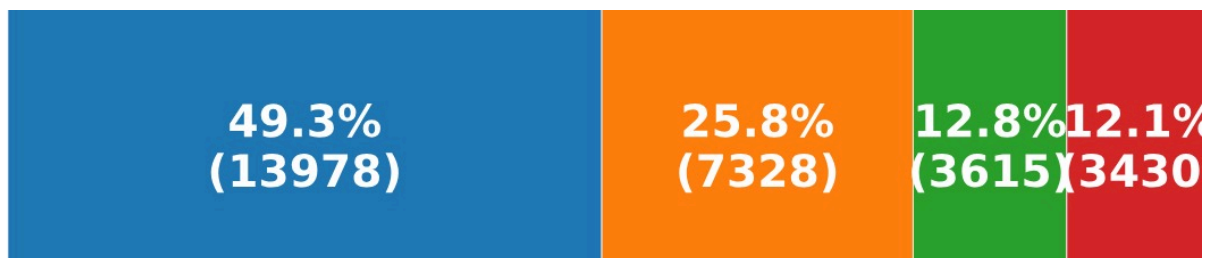
**Question:** I had a feeling of faintness.

- **1 - Did not apply to me at all:** 14721 respondents (51.9%)
- **2 - Applied to me to some degree, or some of the time:** 7932 respondents (28.0%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 3415 respondents (12.0%)
- **4 - Applied to me very much, or most of the time:** 2283 respondents (8.1%)



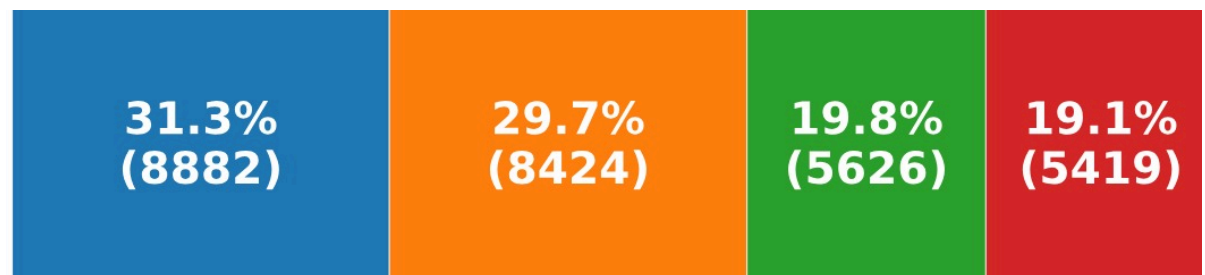
**Question: I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion.**

- **1 - Did not apply to me at all:** 13978 respondents (49.3%)
- **2 - Applied to me to some degree, or some of the time:** 7328 respondents (25.8%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 3615 respondents (12.8%)
- **4 - Applied to me very much, or most of the time:** 3430 respondents (12.1%)



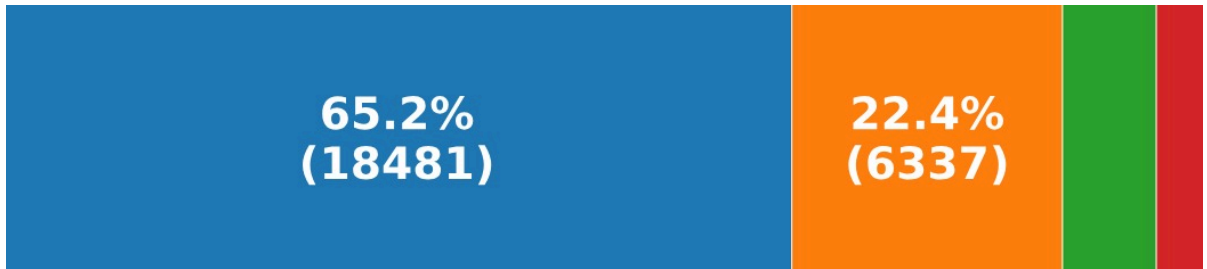
**Question: I felt scared without any good reason.**

- **1 - Did not apply to me at all:** 8882 respondents (31.3%)
- **2 - Applied to me to some degree, or some of the time:** 8424 respondents (29.7%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5626 respondents (19.8%)
- **4 - Applied to me very much, or most of the time:** 5419 respondents (19.1%)



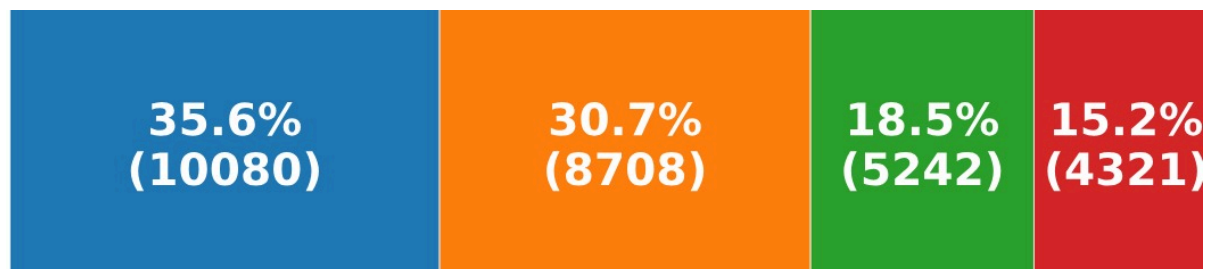
### Question: I had difficulty in swallowing.

- **1 - Did not apply to me at all:** 18481 respondents (65.2%)
- **2 - Applied to me to some degree, or some of the time:** 6337 respondents (22.4%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 2194 respondents (7.7%)
- **4 - Applied to me very much, or most of the time:** 1339 respondents (4.7%)



### Question: I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat).

- **1 - Did not apply to me at all:** 10080 respondents (35.6%)
- **2 - Applied to me to some degree, or some of the time:** 8708 respondents (30.7%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5242 respondents (18.5%)
- **4 - Applied to me very much, or most of the time:** 4321 respondents (15.2%)



### Question: I felt I was close to panic.

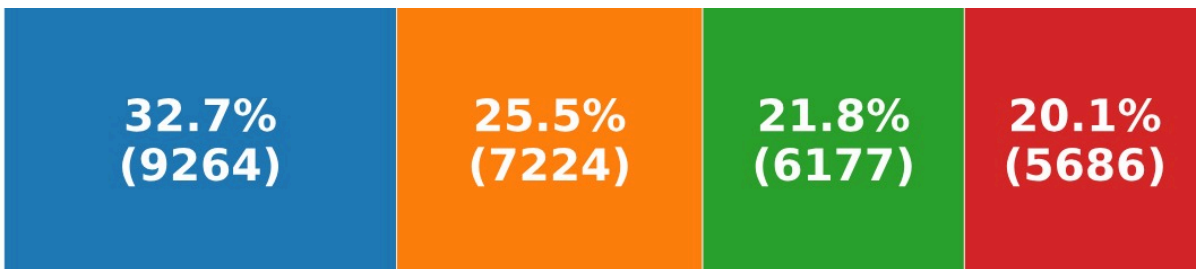
- **1 - Did not apply to me at all:** 9672 respondents (34.1%)
- **2 - Applied to me to some degree, or some of the time:** 9238 respondents (32.6%)

- **3 - Applied to me to a considerable degree, or a good part of the time:** 5196 respondents (18.3%)
- **4 - Applied to me very much, or most of the time:** 4245 respondents (15.0%)



**Question:** I feared that I would be "thrown" by some trivial but unfamiliar task.

- **1 - Did not apply to me at all:** 7224 respondents (25.5%)
- **2 - Applied to me to some degree, or some of the time:** 9264 respondents (32.7%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 6177 respondents (21.8%)
- **4 - Applied to me very much, or most of the time:** 5686 respondents (20.1%)



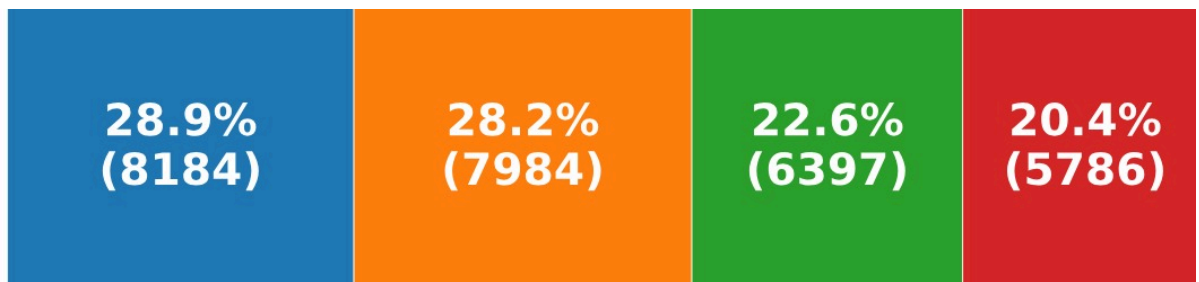
**Question:** I felt terrified.

- **1 - Did not apply to me at all:** 8990 respondents (31.7%)
- **2 - Applied to me to some degree, or some of the time:** 8815 respondents (31.1%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5171 respondents (18.2%)
- **4 - Applied to me very much, or most of the time:** 5375 respondents (19.0%)



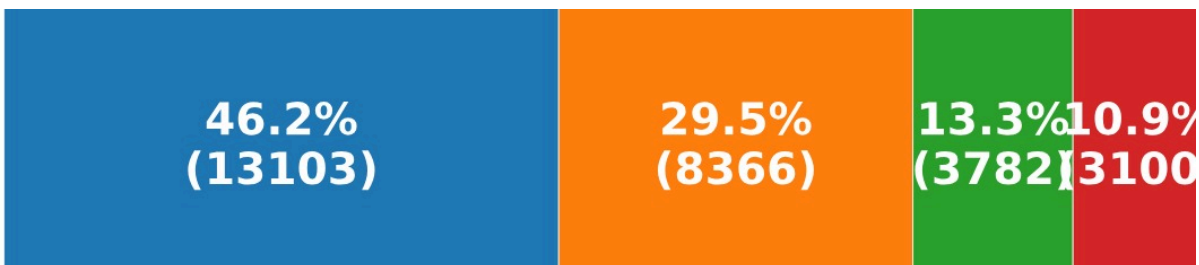
**Question: I was worried about situations in which I might panic and make a fool of myself.**

- **1 - Did not apply to me at all:** 5786 respondents (20.4%)
- **2 - Applied to me to some degree, or some of the time:** 8184 respondents (28.9%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 6397 respondents (22.6%)
- **4 - Applied to me very much, or most of the time:** 7984 respondents (28.2%)



**Question: I experienced trembling (eg, in the hands).**

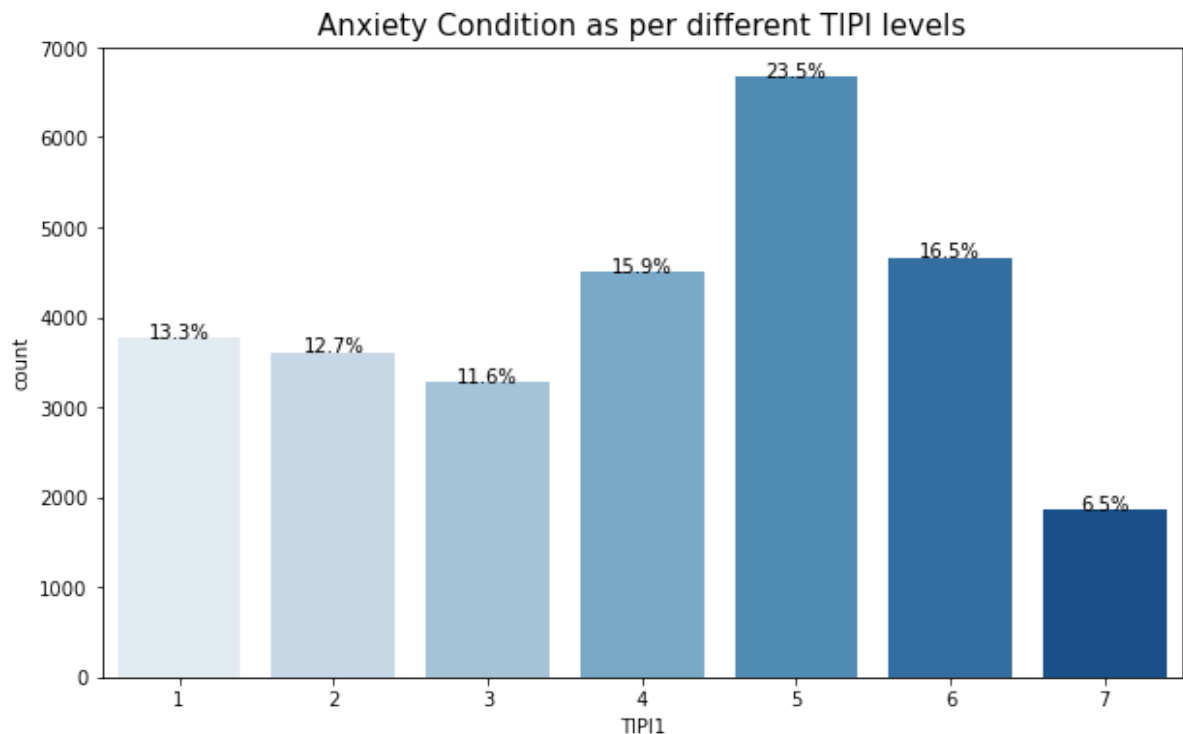
- **1 - Did not apply to me at all:** 13103 respondents (46.2%)
- **2 - Applied to me to some degree, or some of the time:** 8366 respondents (29.5%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 3782 respondents (13.3%)
- **4 - Applied to me very much, or most of the time:** 3100 respondents (10.9%)



## PART TWO [TIPIS]

### Question: i see my self as Extraverted, enthusiastic.

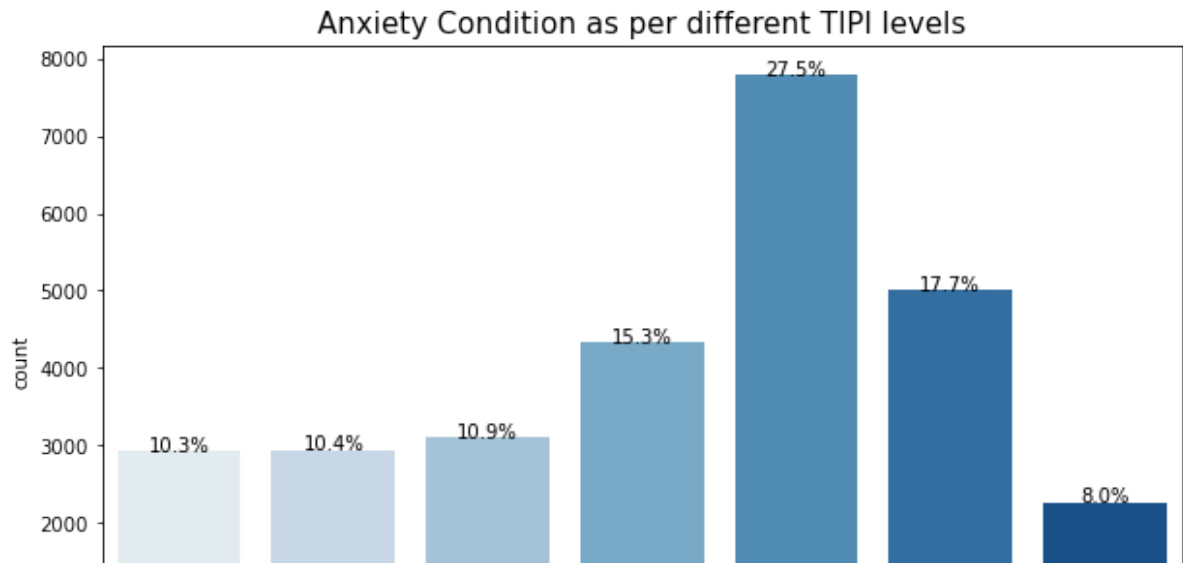
- **1 - Disagree strongly:** 3969 respondents (13.3%)
- **2 - Disagree moderately:** 3609 respondents (12.7%)
- **3 - Disagree a little:** 3277 respondents (11.6%)
- **4 -Neither agree nor disagree:** 4503 respondents (15.9%)
- **5 -Agree a little:** 6673 respondents (23.5%)
- **6 -Agree moderately:** 4667 respondents (16.5%)
- **7 -Agree strongly:** 1855 respondents (6.5%)



### Question: i see my self as Critical, quarrelsome..

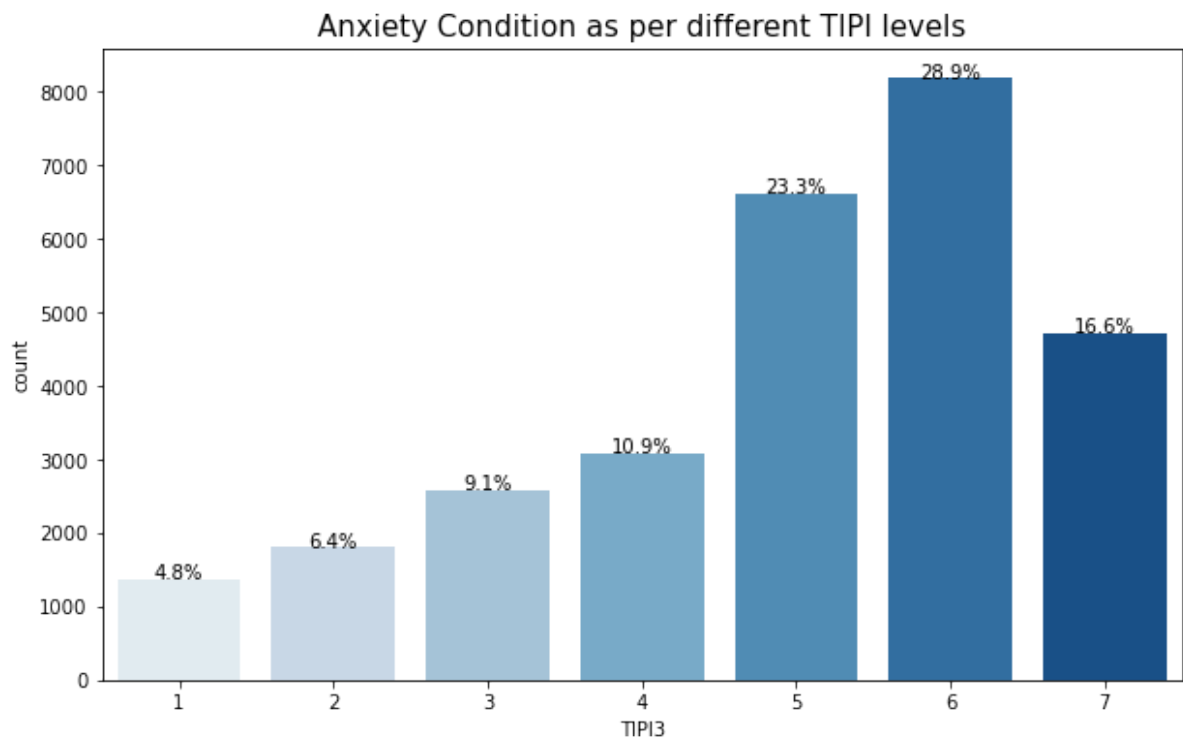
- **1 - Disagree strongly:** 2927 respondents (10.3%)
- **2 - Disagree moderately:** 2937 respondents (10.4%)
- **3 - Disagree a little:** 3100 respondents (10.9%)
- **4 -Neither agree nor disagree:** 4327 respondents (15.3%)
- **5 -Agree a little:** 7790 respondents (27.5%)
- **6 -Agree moderately:** 5006 respondents (17.7%)
- **7 -Agree strongly:** 2264 respondents (8.0%)





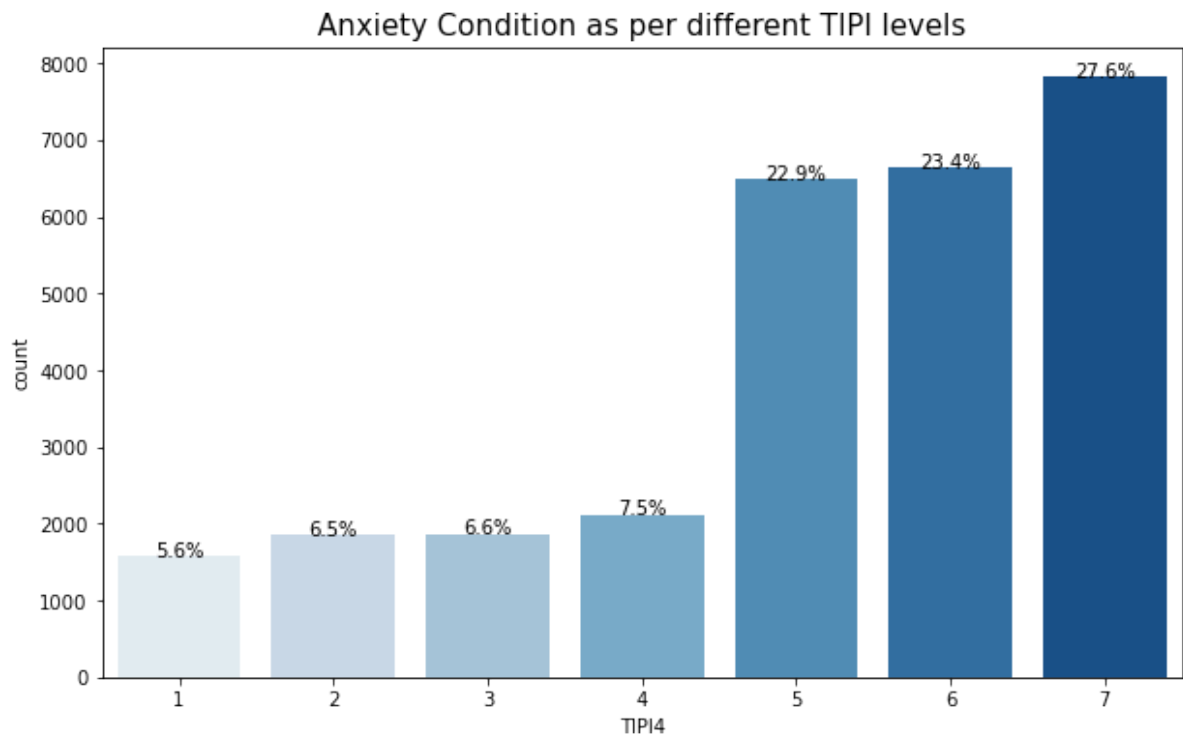
**Question: i see my self as Dependable, self-disciplined.**

- **1 - Disagree strongly:** 1374 respondents (4.8%)
- **2 - Disagree moderately:** 1805 respondents (6.4%)
- **3 - Disagree a little:** 2587 respondents (9.1%)
- **4 -Neither agree nor disagree:** 3078 respondents (10.9%)
- **5 -Agree a little:** 6609 respondents (23.3%)
- **6 -Agree moderately:** 8186 respondents (28.9%)
- **7 -Agree strongly:** 4712 respondents (16.6%)



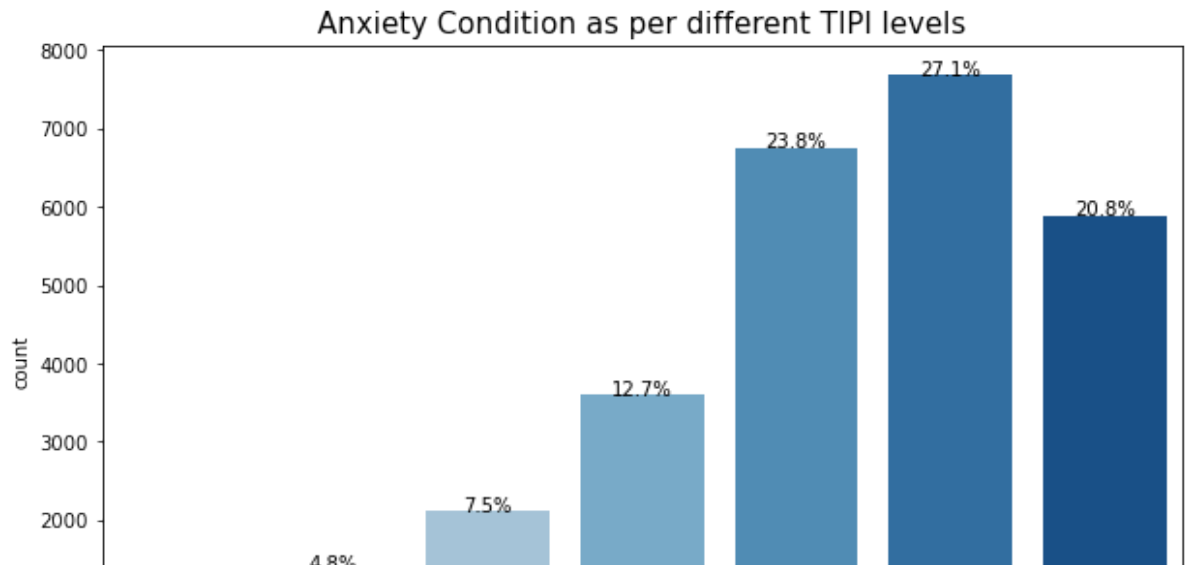
## Question: i see my self as Anxious, easily upset

- **1 - Disagree strongly:** 1575 respondents (5.6%)
- **2 - Disagree moderately:** 1851 respondents (6.5%)
- **3 - Disagree a little:** 1867 respondents (6.6%)
- **4 -Neither agree nor disagree:** 2114 respondents (7.5%)
- **5 -Agree a little:** 6485 respondents (22.9%)
- **6 -Agree moderately:** 6637 respondents (23.4%)
- **7 -Agree strongly:** 7822 respondents (27.6%)



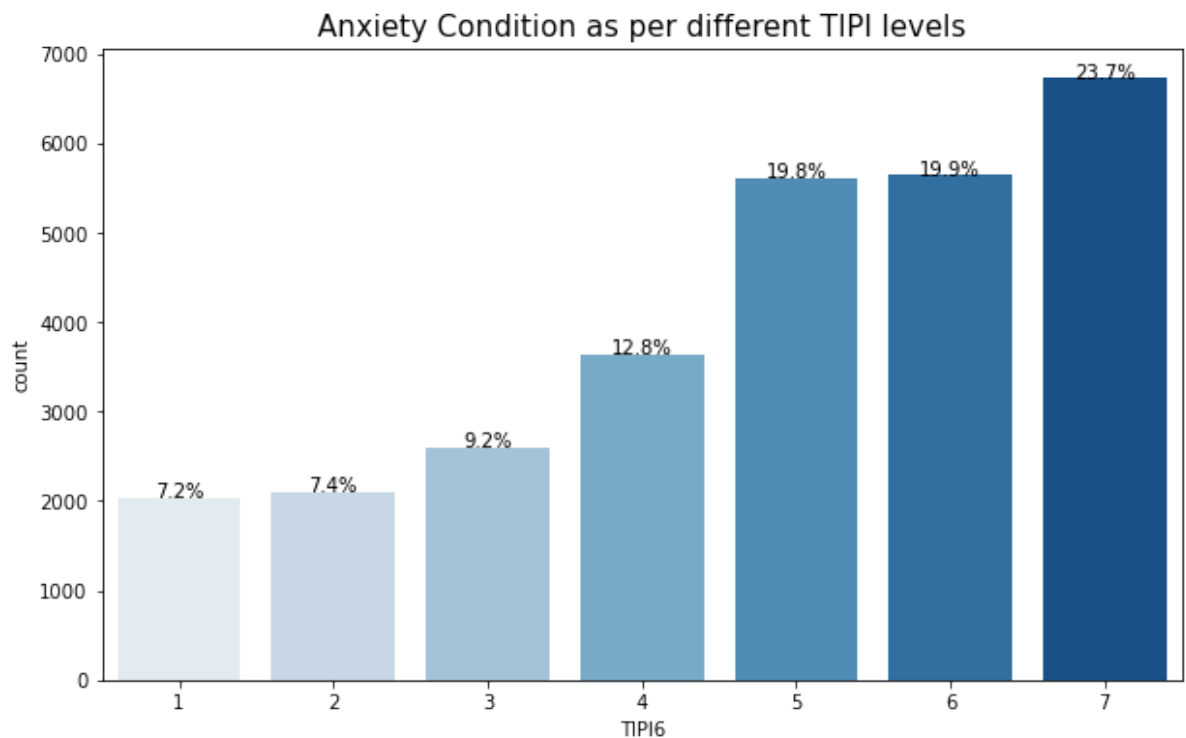
## Question: i see my self as Open to new experiences, complex.

- **1 - Disagree strongly:** 955 respondents (3.4%)
- **2 - Disagree moderately:** 1361 respondents (4.8%)
- **3 - Disagree a little:** 2114 respondents (7.5%)
- **4 -Neither agree nor disagree:** 3602 respondents (12.7%)
- **5 -Agree a little:** 6756 respondents (23.8%)
- **6 -Agree moderately:** 7680 respondents (27.1%)
- **7 -Agree strongly:** 5883 respondents (20.8%)



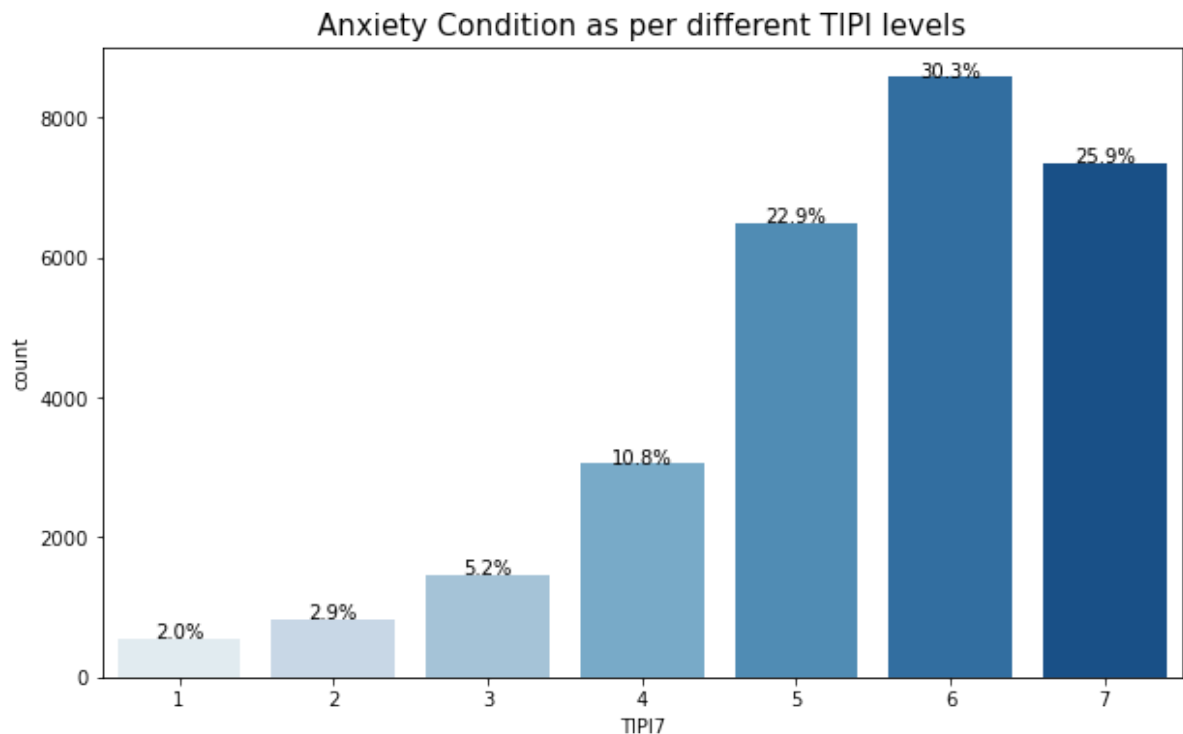
**Question: i see my self as Reserved, quiet.**

- **1 - Disagree strongly:** 2037 respondents (7.2%)
- **2 - Disagree moderately:** 2103 respondents (7.4%)
- **3 - Disagree a little:** 2596 respondents (9.2%)
- **4 -Neither agree nor disagree:** 3635 respondents (12.8%)
- **5 -Agree a little:** 5606 respondents (19.8%)
- **6 -Agree moderately:** 5645 respondents (19.9%)
- **7 -Agree strongly:** 6729 respondents (23.7%)



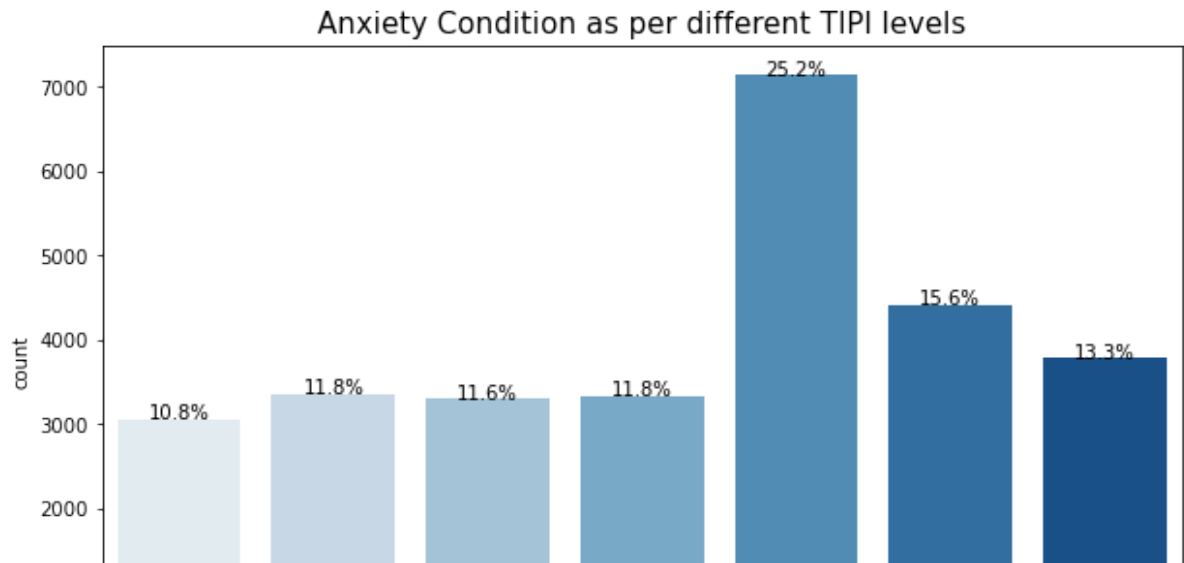
### Question: i see my self as Sympathetic, warm.

- **1 - Disagree strongly:** 558 respondents (2.0%)
- **2 - Disagree moderately:** 833 respondents (2.9%)
- **3 - Disagree a little:** 1471 respondents (5.2%)
- **4 -Neither agree nor disagree:** 3058 respondents (10.8%)
- **5 -Agree a little:** 6496 respondents (22.9%)
- **6 -Agree moderately:** 8586 respondents (30.3%)
- **7 -Agree strongly:** 7349 respondents (25.9%)



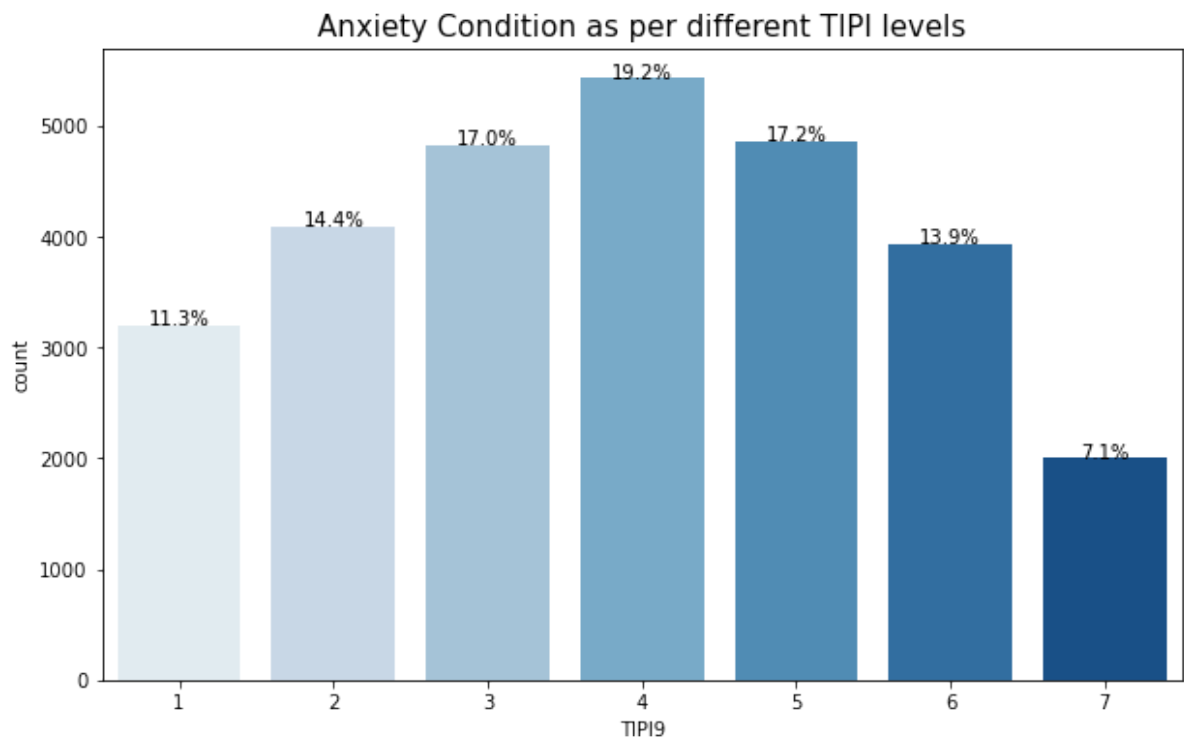
### Question: i see my self as Disorganized, careless.

- **1 - Disagree strongly:** 3049 respondents (10.8%)
- **2 - Disagree moderately:** 3351 respondents (11.8%)
- **3 - Disagree a little:** 3292 respondents (11.6%)
- **4 -Neither agree nor disagree:** 3333 respondents (11.8%)
- **5 -Agree a little:** 7134 respondents (25.2%)
- **6 -Agree moderately:** 4410 respondents (15.6%)
- **7 -Agree strongly:** 3782 respondents (13.3%)



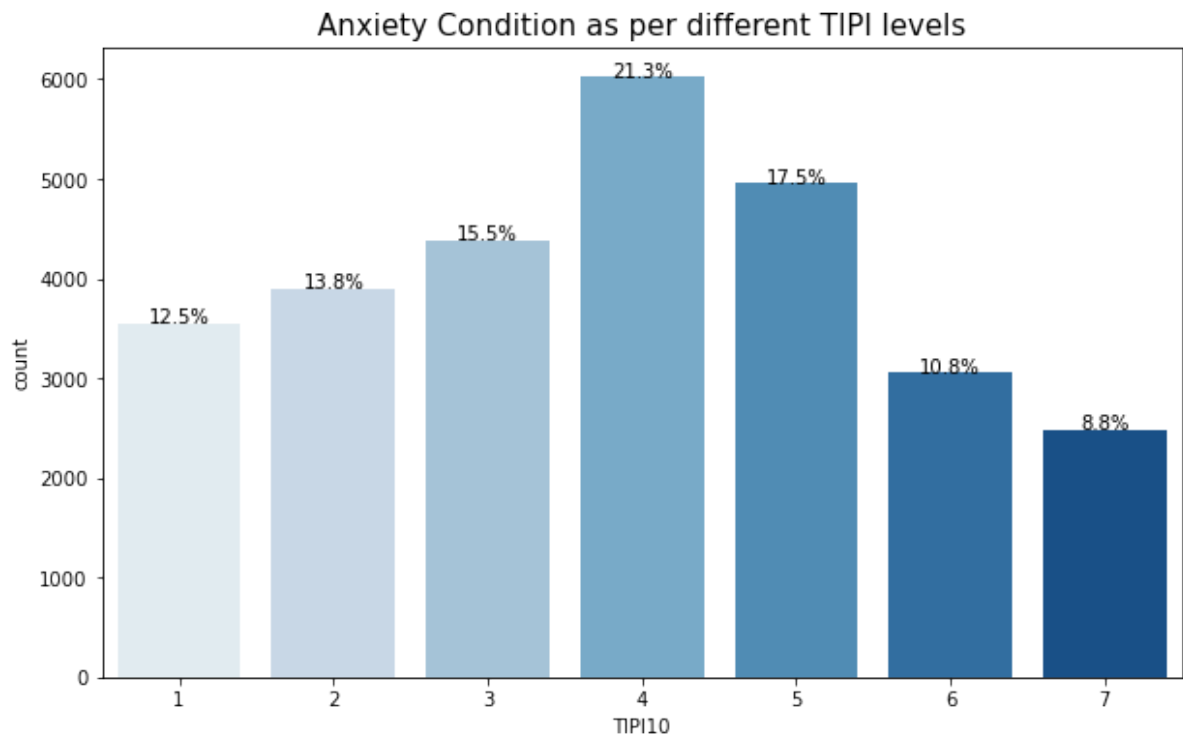
### Question: i see my self as Calm, emotionally stable

- **1 - Disagree strongly:** 3202 respondents (11.3%)
- **2 - Disagree moderately:** 4088 respondents (14.4%)
- **3 - Disagree a little:** 4828 respondents (17.0%)
- **4 -Neither agree nor disagree:** 5433 respondents (19.2%)
- **5 -Agree a little:** 4864 respondents (17.2%)
- **6 -Agree moderately:** 3934 respondents (13.9%)
- **7 -Agree strongly:** 2002 respondents (7.1%)



## Question: i see my self as Conventional, uncreative.

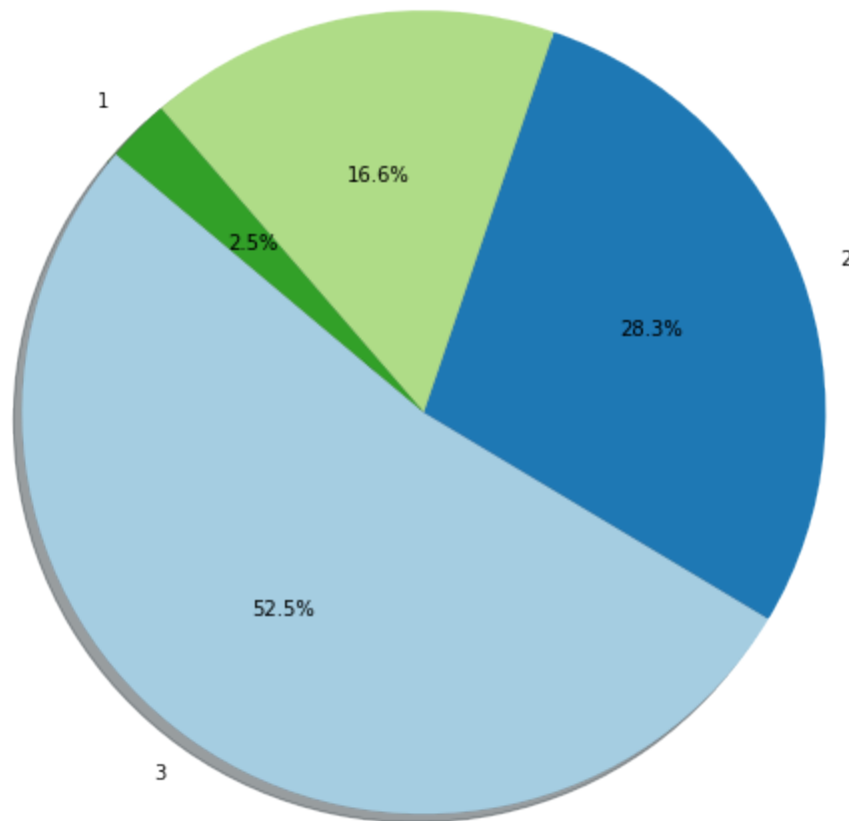
- **1 - Disagree strongly:** 3546 respondents (12.5%)
- **2 - Disagree moderately:** 3904 respondents (13.8%)
- **3 - Disagree a little:** 4381 respondents (15.5%)
- **4 -Neither agree nor disagree:** 6025 respondents (21.3%)
- **5 -Agree a little:** 4959 respondents (17.5%)
- **6 -Agree moderately:** 3054 respondents (10.8%)
- **7 -Agree strongly:** 2482 respondents (8.8%)



## PART THREE [EDUCATIONS]

### Question: The percentage of Education levels that filling a depression form.

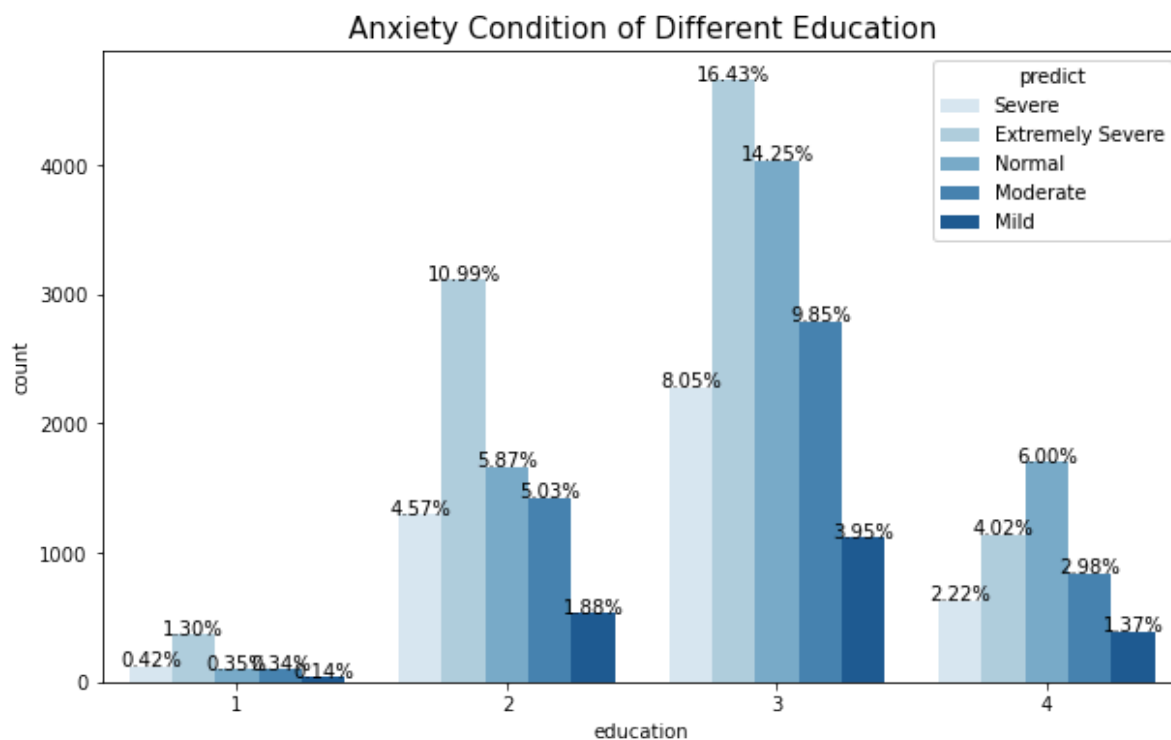
- **1 - Less than high school:** (2.5%) From people who fill the form
- **2 - High school:** (28.3%) From people who fill the form
- **3 - University degree:** (52.5) From people who fill the form
- **4 -Graduate degree:** (16.6) From people who fill the form

Distribution of Education Levels  
4

**Question: How much education have you completed?.**

- **1 - Less than high school:**
  - (0.35%) Normal
  - (0.14%) Mild
  - (0.4%) Moderate
  - (0.34%) Severe
  - (1.30%) Extremely Severe
- **2 - High school:**
  - (5.87%) Normal
  - (1.88%) Mild
  - (5.03%) Moderate
  - (4.75%) Severe
  - (10.99%) Extremely Severe
- **3 - University degree:**
  - (14.25%) Normal
  - (3.95%) Mild
  - (9.85%) Moderate
  - (8.05%) Severe
  - (16.43%) Extremely Severe
- **4 -Graduate degree:**
  - (6.00%) Normal
  - (1.37%) Mild

(2.98%) Moderate  
(2.22%) Severe  
(4.02%) Extremely Severe

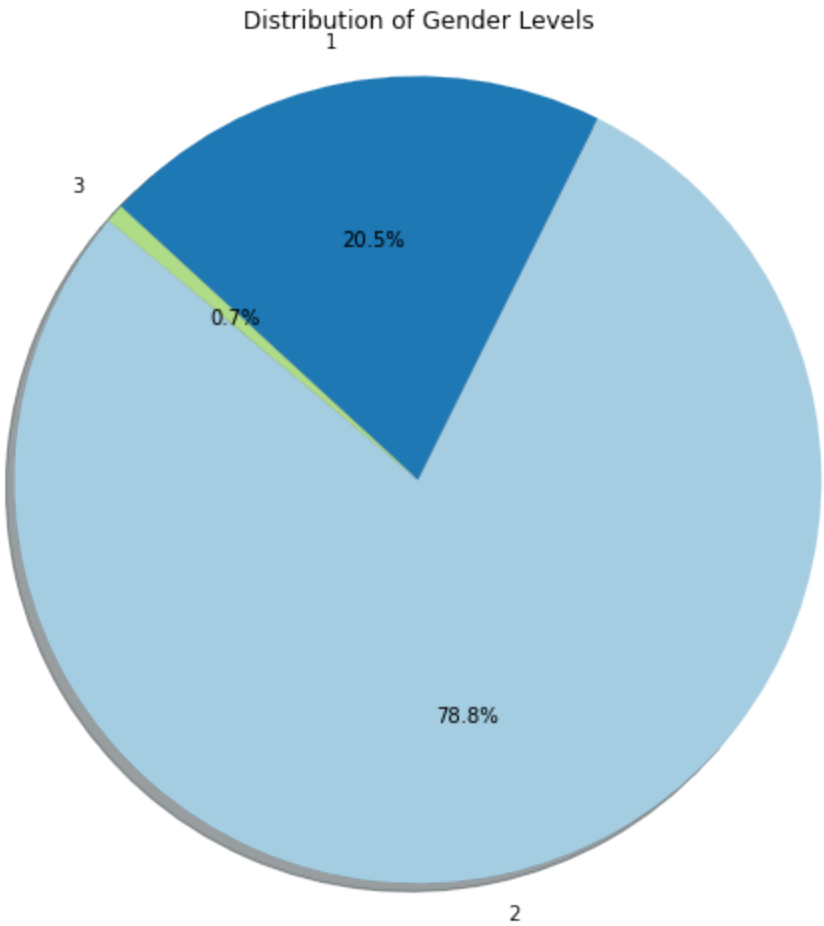


## PART FOUR [Gender]

**Question:** The percentage of Gender levels that filling a depression form.

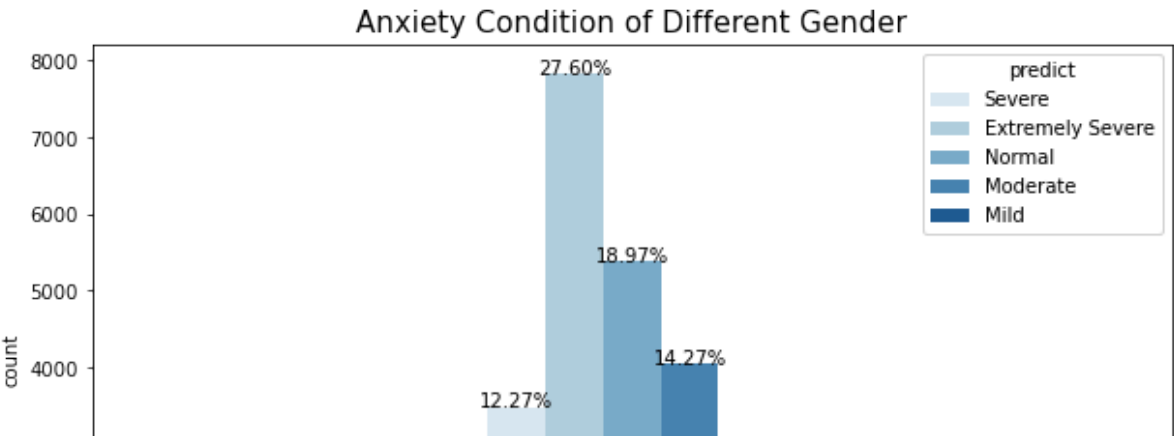
Gender Level	Percentage of Respondents
1 - Male	(20.5%)
2 - Female	(78.8%)
3 - Other	(0.7%)





Question: How much education have you completed?.

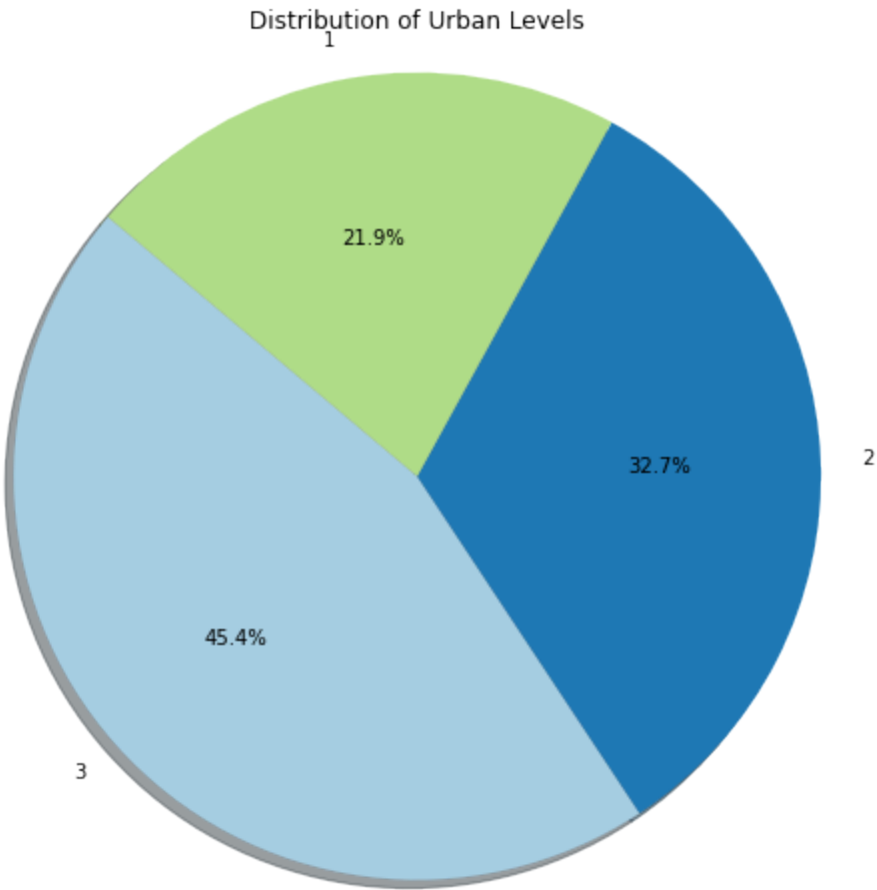
Education Level	Normal	Mild	Moderate	Severe	Extremely Severe
1 - Male	(7.36%)	(2.2%)	(3.80%)	(4.81%)	(1.64%)
2 - Female	(18.97%)	(8.3%)	(14.27%)	(27.60%)	(5.65%)
3 - Other	(0.14%)	(0.1%)	(0.13%)	(0.33%)	(0.05%)



# PART FIVE [Urban]

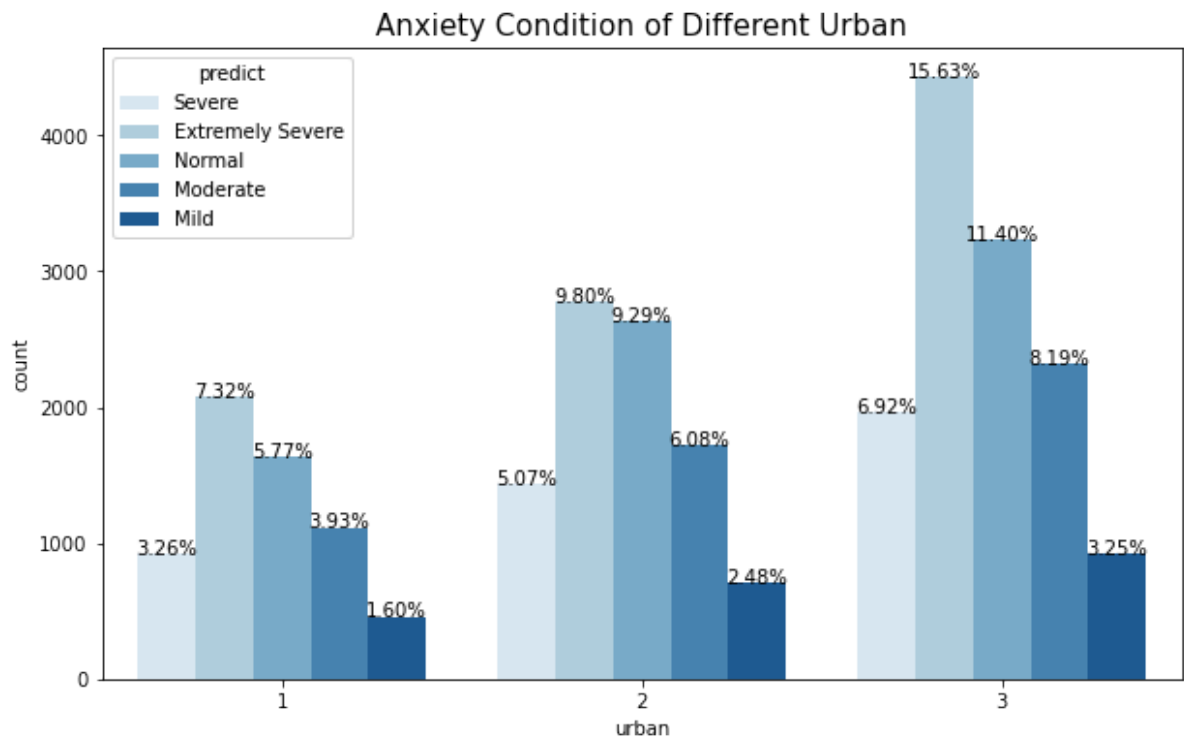
###Question: What type of area did you live when you were a child?.

Urban Type	Percentage of Respondents
1 -Rural (countryside)	(21.5%)
2 - Suburban	(32.7%)
3 - Urban (town, city)	(45.4%)



Question: How much education have you completed?.

Education Level	Normal	Mild	Moderate	Severe	Extremely Severe
1 - Rural (countryside)	(5.77%)	(1.60%)	(3.93%)	(3.26%)	(7.32%)
2 - Suburban	(9.29%)	(2.48%)	(6.08%)	(5.07%)	(9.80%)
3 - Urban (town, city)	(11.40%)	(3.25%)	(8.19%)	(6.92%)	(15.63%)

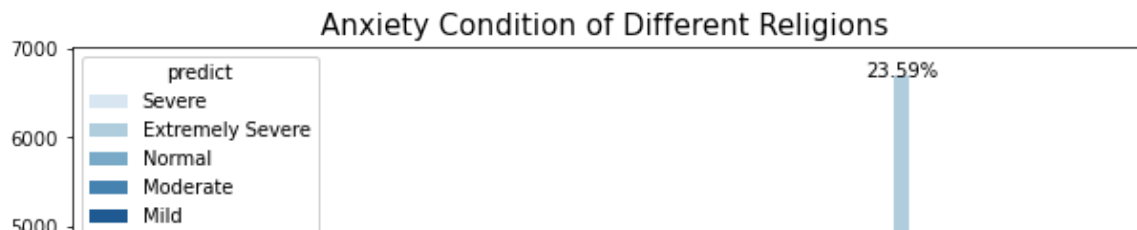
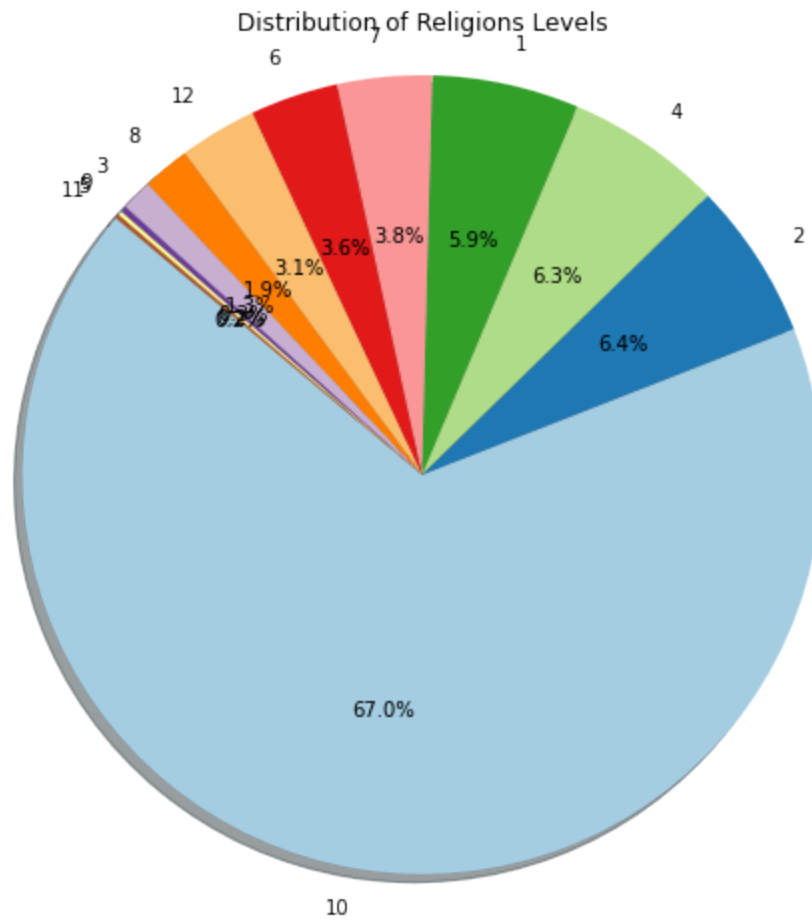


## PART SIX [Religion]

**Question: What is your sexual Religion?**

67.0% of the people who filled out the depression form are Muslims

Most expectations for them were 23.59% Extremaly Severe

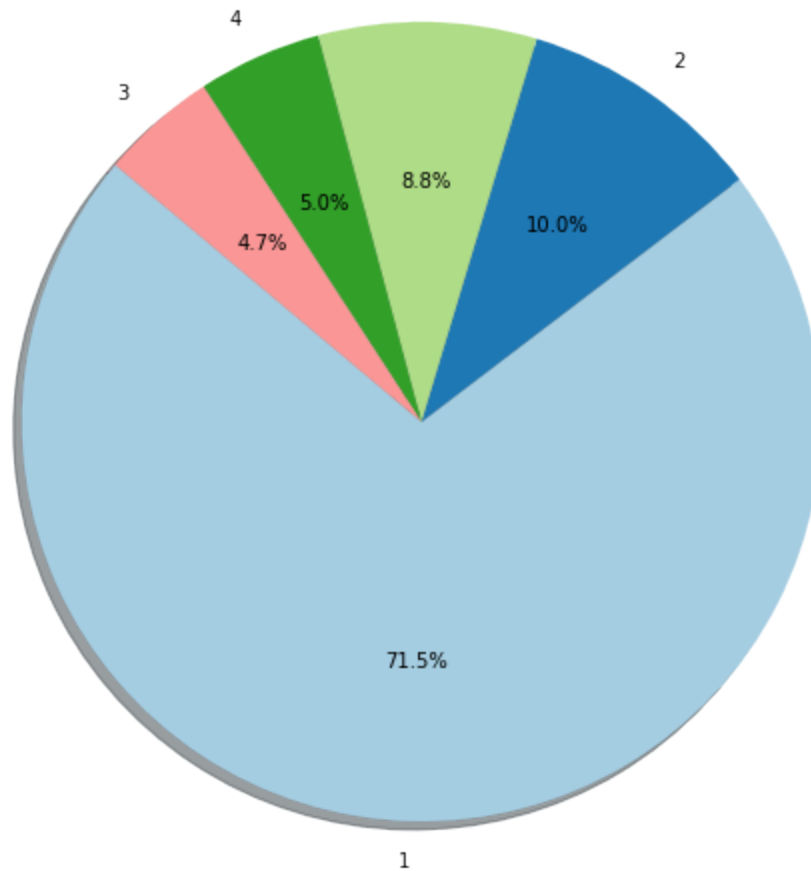


## PART SEVEN [Orientation]

**Question:** The percentages of Orientation levels that filling a depression form.

- **1 - Heterosexual:** (71.5%) From people who fill the form
- **2 - Bisexual:** (10.0%) From people who fill the form
- **3 - Homosexual:** (4.7%) From people who fill the form
- **4 -Asexual:** (5.0%) From people who fill the form
- **5 -Other:** (8.8%) From people who fill the form

Distribution of Orientation Levels

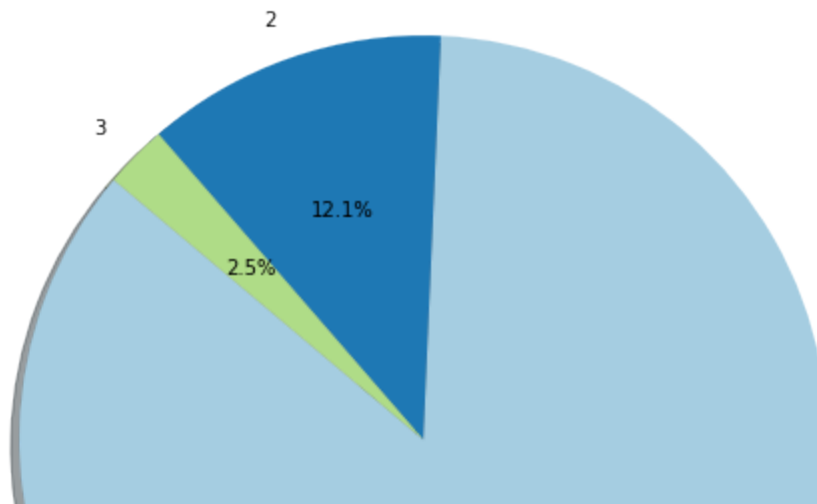


## PART EIGHT [Married]

**Question:** The percentages of Orientation levels that filling a depression form.

- **1 - Never married:** (85.4%) From people who fill the form
- **2 - Currently married:** (12.1%) From people who fill the form
- **3 - Previously married:** (2.5%) From people who fill the form

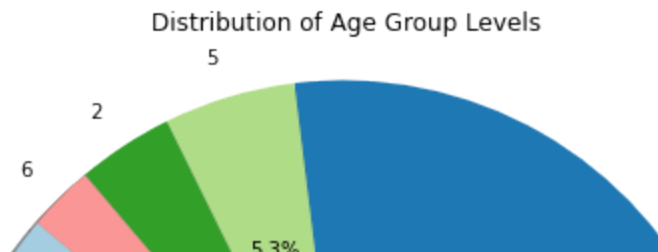
Distribution of Married Levels



## PART NINE [Age Group]

**Question:** The percentages of Orientation levels that filling a depression form.

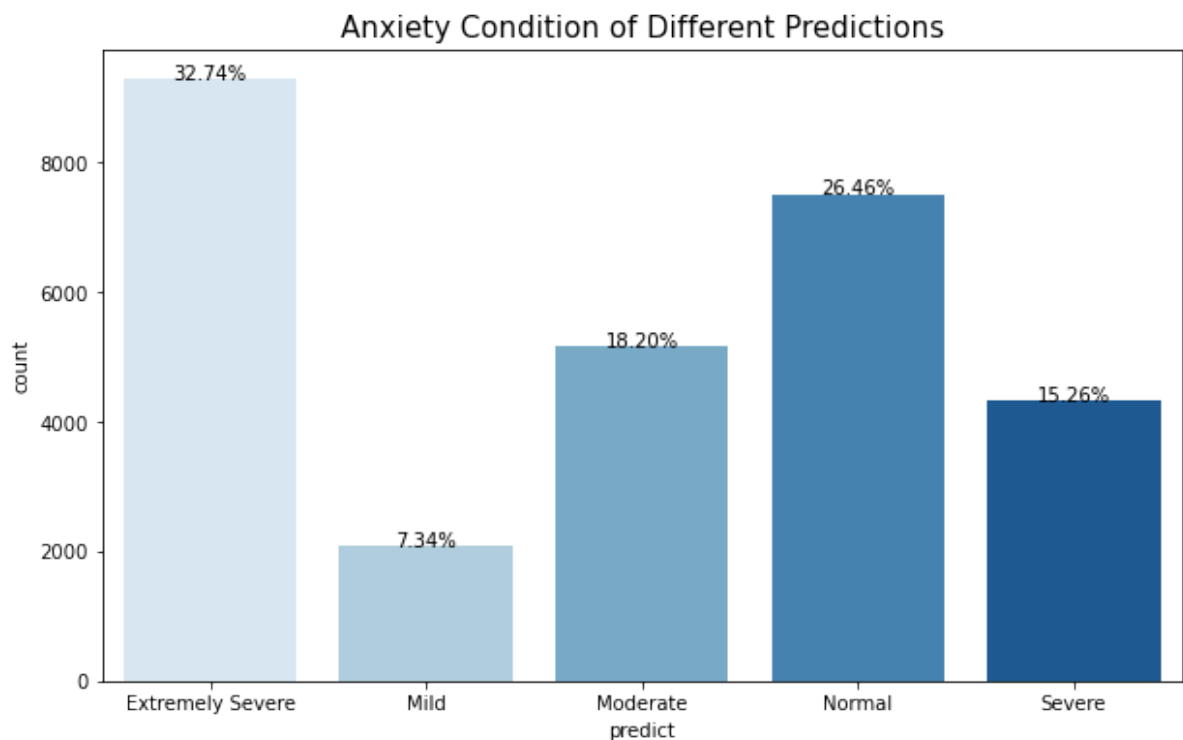
- **1 - Under 10 Years:** (0%) From people who fill the form
- **2 -Between10 & 17:** (3.9%) From people who fill the form
- **3 - Between 17 & 21:** (40.9%) From people who fill the form
- **4 - Between 21 & 35:** (47.2%) From people who fill the form
- **5 - Between 36 & 48:** (5.3%) From people who fill the form
- **6 - Above 39:** (2.7%) From people who fill the form



## PART TEN [Prediction]

**Question:** The percentages of Prediction levels that filling a depression form.

- **1 - Normal:** (26.64%) From people who fill the form
- **2 -Mild:** (7.34%) From people who fill the form
- **3 - Moderate:** (18.20%) From people who fill the form
- **4 - Severer:** (15.26%) From people who fill the form
- **5 - Extremaly Severer:** (32.74%) From people who fill the form



## PART ELEVEN [GPT INFO]

# Anxiety: Understanding Mental Health

## Prevalence

Anxiety disorders are among the most common mental health conditions globally. According to the World Health Organization (WHO), an estimated 284 million people of all ages suffer from anxiety disorders worldwide.

## Symptoms

Symptoms of anxiety disorders can manifest in various ways, including:

- Excessive worrying
- Restlessness or feeling on edge
- Fatigue
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbances
- Panic attacks

## Causes

Anxiety disorders can develop due to a complex interplay of factors, including genetics, brain chemistry, personality, and life experiences. Trauma, stress, and significant life changes can also contribute to the onset of anxiety disorders.

## Types

There are different types of anxiety disorders, including:

- Generalized anxiety disorder (GAD)
- Panic disorder
- Social anxiety disorder (social phobia)
- Specific phobias
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

## Treatment

Anxiety disorders are treatable, and various interventions can help manage symptoms effectively, including:

- Psychotherapy (such as cognitive-behavioral therapy or exposure therapy)
- Medications (such as antidepressants, benzodiazepines, or beta-blockers)
- Relaxation techniques (such as deep breathing exercises or meditation)
- Lifestyle modifications (such as regular exercise, healthy sleep habits, and stress management)



## Impact

Anxiety disorders can significantly impair daily functioning, relationships, and overall well-being. They may also increase the risk of developing other mental health conditions, such as depression, and contribute to physical health problems like cardiovascular issues.

## Stigma and Awareness

Despite being common, anxiety disorders are often misunderstood and stigmatized. Increasing awareness about anxiety disorders, their symptoms, and available treatments is crucial for reducing stigma and promoting early intervention and support.

If you or someone you know is experiencing symptoms of anxiety, it's essential to seek help from a healthcare provider or mental health professional for assessment and appropriate treatment. "