

Research Proposal

Swedish Annual Level of Living Survey

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Research topics of interest

- ① **Neighborhood environment and self-reported anxiety for younger adults.**
 - ▶ Interested in **physical and virtual (internet-base) social interactions.**
 - ▶ Did the frequencies/ways of social interactions **change over time?**
 - ▶ Did it affect on anxiety of young population, and it **differed by regions?**
- ② **Neighborhood environment and mental health for older adults.**
 - ▶ Interested in **anxiety, depression, and dementia.**
 - ▶ Did the frequencies/ways of social interactions **changed over time?**
 - ▶ Did it affect on mental health of older adults?
 - ▶ Is the association **different by regions?**

Introduction - self-reported anxiety for younger adults

- The prevalence of **anxiety has been increasing for 25 years** in Sweden (*Calling, 2017*).
- **Especially among young females (16-23 years)**, 1/3 experienced anxiety in 2005, and it has increased dramatically.
- Anxiety is a predictor of severe psychiatric disorders (*Weitoft, 2005*).
- Several factors were found to be associated with the prevalence of anxiety:
 - ▶ Urbanization
 - ▶ Leisure time physical activity
 - ▶ Smoking
 - ▶ Marital status
 - ▶ Neighborhood deprivation, social network, employment, immigration status (*Lofors, 2006*)



Introduction

- However, "the reasons of increased self-reported anxiety" are unknown
- For example, the prevalence of leisure time PA has been increasing for 25 years (*Leijon, 2015*), in parallel with the increase of the prevalence of anxiety.
- Potential factors:
 - ▶ Increased unemployment rate
 - ▶ Increased awareness of mental health and decreased stigma
 - ▶ **Urbanization**
 - ▶ **Social interactions** (physically interact vs. internet-base)

Objective

- To investigate **how physical and virtual (internet-base) social interactions affect on anxiety by different neighborhood settings.**

Hypothesis

- Physical social interactions affect on self-reported anxiety **positively, but the effects differ by neighborhood settings.**
- Internet-base social interactions affect on self-reported anxiety **positively among those in non-urban areas, but negatively among those in urban areas.**

Significance

- **Regulation or utilization of internet can be considered as effective interventions for mental health in different geographical settings**

Methods

Type	Name	Description
Outcome	Anxiety	Self-reported anxiety asked via interview.
Exposure	Urbanization	Neighborhood size, ex. urban, rural. More details if possible.
	Social interactions	Frequencies of social interactions asked via interview.
	Internet use	Frequencies of internet use for social interactions asked via interview.
Covariates	Basic characteristics	Age, gender, immigration status.
	Socio-economic status	Education, occupation, marital status, income.
	Psychosocial work environment	Job demands, decision making, supports.