

Research Proposal

Longitudinal change of anxiety and individual and neighborhood factors
among Swedish population

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Introduction

- 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**
 - ▶ **Internet use**

Objective

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

Hypothesis

- Direct social interactions affect on self-reported anxiety **positively, but the effects differ by neighborhood settings.**
- Internet-use for 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.