

In Crisis? Call or Text 988 >

Any Anxiety Disorder

Definitions

The wide variety of **anxiety disorders** differ by the objects or situations that induce them, but share features of excessive anxiety and related behavioral disturbances. Anxiety disorders can interfere with daily activities such as job performance, school work, and relationships.

For the data presented on this page, any anxiety disorders included panic disorder, generalized anxiety disorder, agoraphobia, specific phobia, social anxiety disorder (social phobia), [post-traumatic stress disorder](#), [obsessive-compulsive disorder](#), and separation anxiety disorder.

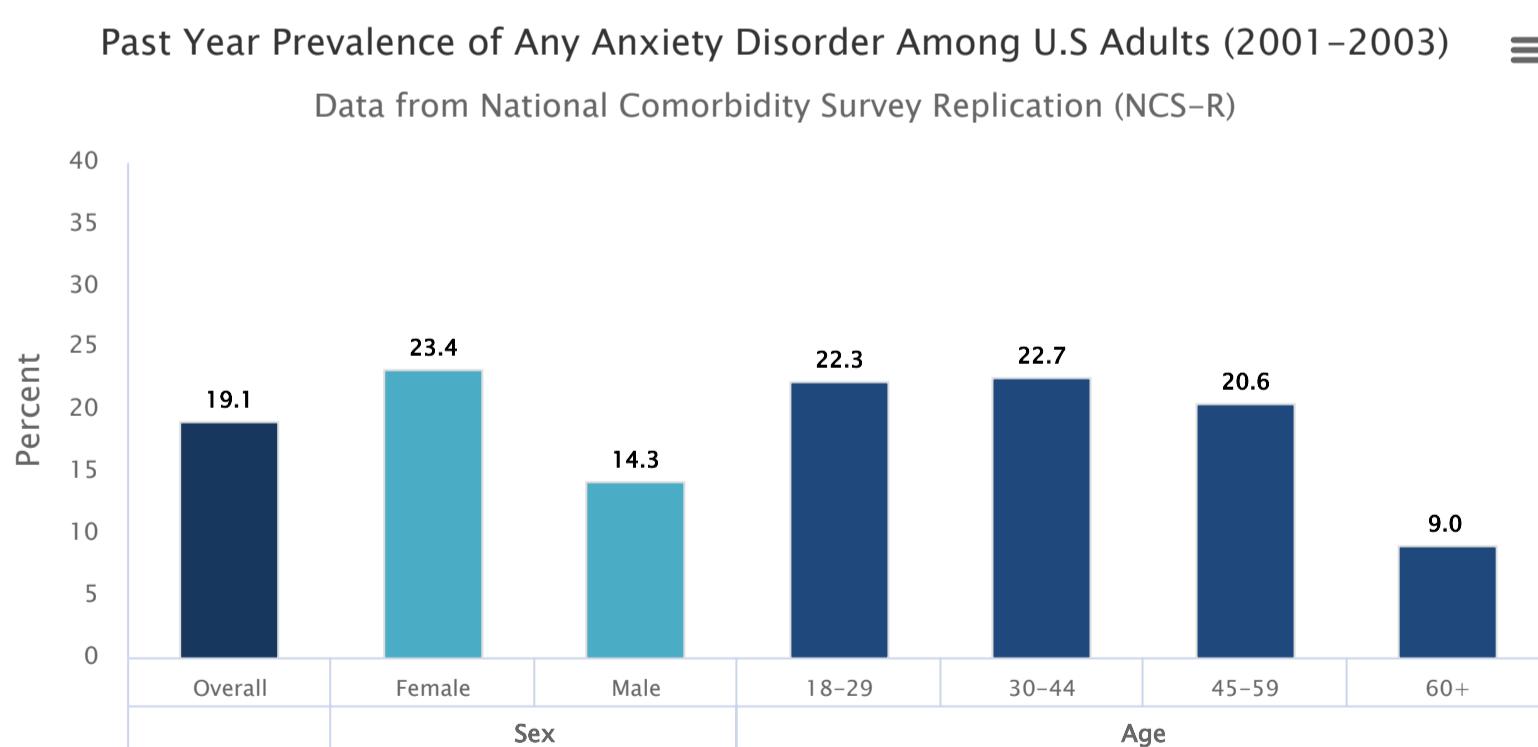
Additional information about anxiety disorders can be found on the [NIMH Health Topics page on Anxiety Disorders](#).

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Prevalence of Any Anxiety Disorder Among Adults

- Based on diagnostic interview data from the National Comorbidity Study Replication (NCS-R), Figure 1 shows past year prevalence of any anxiety disorder among U.S. adults aged 18 or older.¹
 - An estimated 19.1% of U.S. adults had any anxiety disorder in the past year.
 - Past year prevalence of any anxiety disorder was higher for females (23.4%) than for males (14.3%).
- An estimated 31.1% of U.S. adults experience any anxiety disorder at some time in their lives.²

Figure 1



Any Anxiety Disorder with Impairment Among Adults

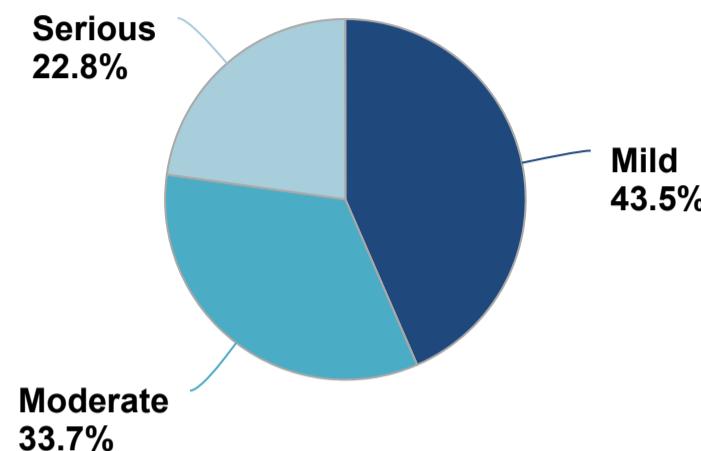
- Of adults with any anxiety disorder in the past year, degree of impairment ranged from mild to severe, as shown in Figure 2. Impairment was determined by scores on the Sheehan Disability Scale.
 - Among adults with any anxiety disorder, an estimated 22.8% had serious impairment, and 33.7% had moderate impairment.¹



- A majority of people with any anxiety disorder experienced mild impairment (43.5%).¹

Figure 2**Past Year Severity of Any Anxiety Disorder Among U.S. Adults (2001–2003)**

Data from National Comorbidity Survey Replication (NCS-R)

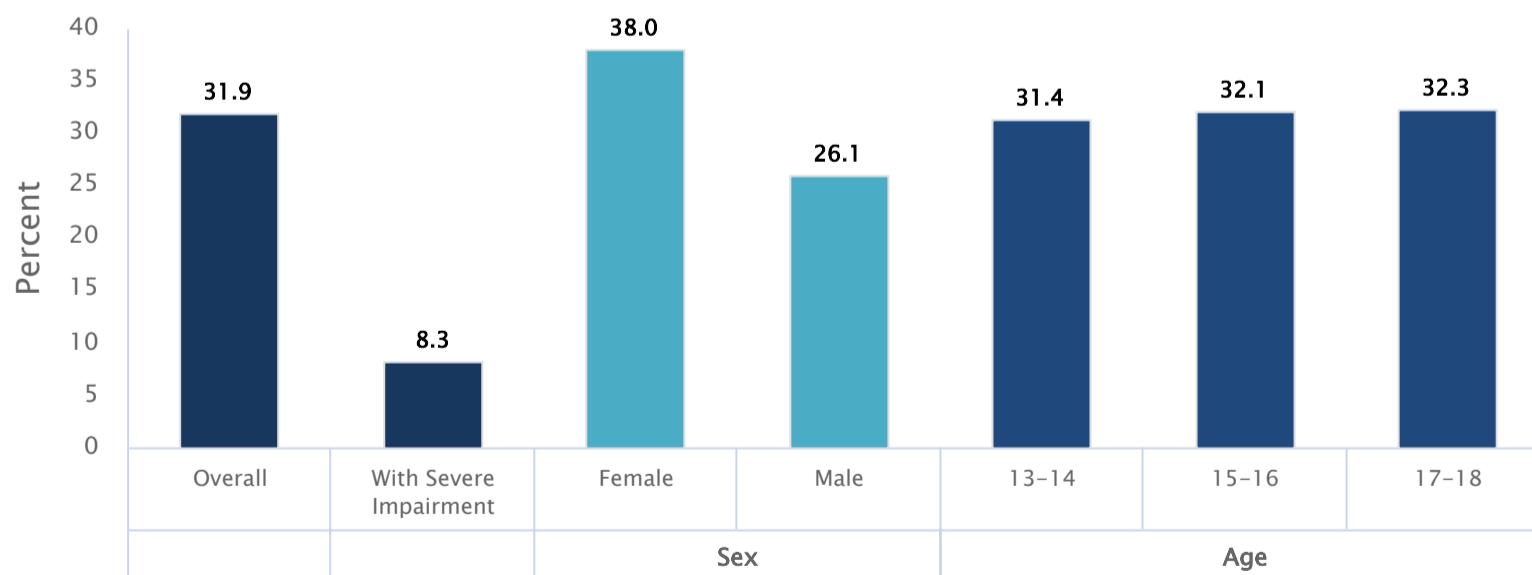
**Prevalence of Any Anxiety Disorder Among Adolescents**

- Based on diagnostic interview data from National Comorbidity Survey Adolescent Supplement (NCS-A), Figure 3 shows lifetime prevalence of any anxiety disorder among U.S. adolescents aged 13–18.⁴
 - An estimated 31.9% of adolescents had any anxiety disorder.
 - Of adolescents with any anxiety disorder, an estimated 8.3% had severe impairment. DSM-IV criteria were used to determine impairment.
 - The prevalence of any anxiety disorder among adolescents was higher for females (38.0%) than for males (26.1%).
 - The prevalence of any anxiety disorder was similar across age groups.

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Figure 3**Lifetime Prevalence of Any Anxiety Disorder Among Adolescents (2001–2004)**

Data from National Comorbidity Survey Adolescent Supplement (NCS-A)

**Data Sources****References**

1. Harvard Medical School, 2007. National Comorbidity Survey (NCS). (2017, August 21). Retrieved from <https://www.hcp.med.harvard.edu/ncs/index.php>. Data Table 2: 12-month prevalence DSM-IV/WMH-CIDI disorders by sex and

2. Harvard Medical School, 2007. National Comorbidity Survey (NCS). (2017, August 21). Retrieved from <https://www.hcp.med.harvard.edu/ncs/index.php>. Data Table 1: [Lifetime prevalence DSM-IV/WMH-CIDI disorders by sex and cohort](#).
3. Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*. 2005 Jun;62(6):617-27. [PMID: 15939839](#)
4. Merikangas KR, He JP, Burstein M, Swanson SA, Avenevoli S, Cui L, Benjet C, Georgiades K, Swendsen J. Lifetime prevalence of mental disorders in U.S. adolescents: results from the National Comorbidity Survey Replication--Adolescent Supplement (NCS-A). *J Am Acad Child Adolesc Psychiatry*. 2010 Oct;49(10):980-9. [PMID: 20855043](#)

Statistical Methods and Measurement Caveats

National Comorbidity Survey Replication (NCS-R)

Diagnostic Assessment and Population:

- The NCS-R is a nationally representative, face-to-face, household survey conducted between February 2001 and April 2003 with a response rate of 70.9%. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) mental disorders were assessed using a modified version of the fully structured World Health Organization Composite International Diagnostic Interview (WMH-CIDI), a fully structured lay-administered diagnostic interview that generates both International Classification of Diseases, 10th Revision, and DSM-IV diagnoses. The DSM-IV criteria were used here. The Sheehan Disability Scale (SDS) assessed disability in work role performance, household maintenance, social life, and intimate relationships on a 0-10 scale. Participants for the main interview totaled 9,282 English-speaking, non-institutionalized, civilian respondents. Any anxiety disorder was assessed in a subsample of 5,692 adults. The NCS-R was led by Harvard University.
- Unlike the DSM-IV criteria used in the NCS-R and NCS-A, the current DSM-5 no longer places post-traumatic stress disorder or obsessive compulsive disorder in the anxiety disorder category. They are listed in new DSM5 categories.

Survey Non-response:

- In 2001-2002, non-response was 29.1% of primary respondents and 19.6% of secondary respondents.
- Reasons for non-response to interviewing include: refusal to participate (7.3% of primary, 6.3% of secondary); respondent was reluctant- too busy but did not refuse (17.7% of primary, 11.6% of secondary); circumstantial, such as intellectual developmental disability or overseas work assignment (2.0% of primary, 1.7% of secondary); and household units that were never contacted (2.0).
- For more information, see [PMID: 15297905](#).

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National Comorbidity Survey Adolescent Supplement (NCS-A)

Diagnostic Assessment and Population:

- The NCS-A was carried out under a cooperative agreement sponsored by NIMH to meet a request from Congress to provide national data on the prevalence and correlates of mental disorders among U.S. youth. The NCS-A was a nationally representative, face-to-face survey of 10,123 adolescents aged 13 to 18 years in the continental United States. The survey was based on a dual-frame design that included 904 adolescent residents of the households that participated in the adult U.S. National Comorbidity Survey Replication and 9,244 adolescent students selected from a nationally representative sample of 320 schools. The survey was fielded between February 2001 and January 2004. DSM-IV mental disorders were assessed using a modified version of the fully structured World Health Organization Composite International Diagnostic Interview.

Survey Non-response:

- The overall adolescent non-response rate was 24.4%. This is made up of non-response rates of 14.1% in the household sample, 18.2% in the un-blinded school sample, and 77.7% in the blinded school sample. Non-response was largely due to refusal (21.3%), which in the household and un-blinded school samples came largely from parents rather than adolescents (72.3% and 81.0%, respectively). The refusals in the blinded school sample, in comparison, came almost entirely (98.1%) from parents failing to return the signed consent postcard.
- For more information, see [PMID: 19507169](#).

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