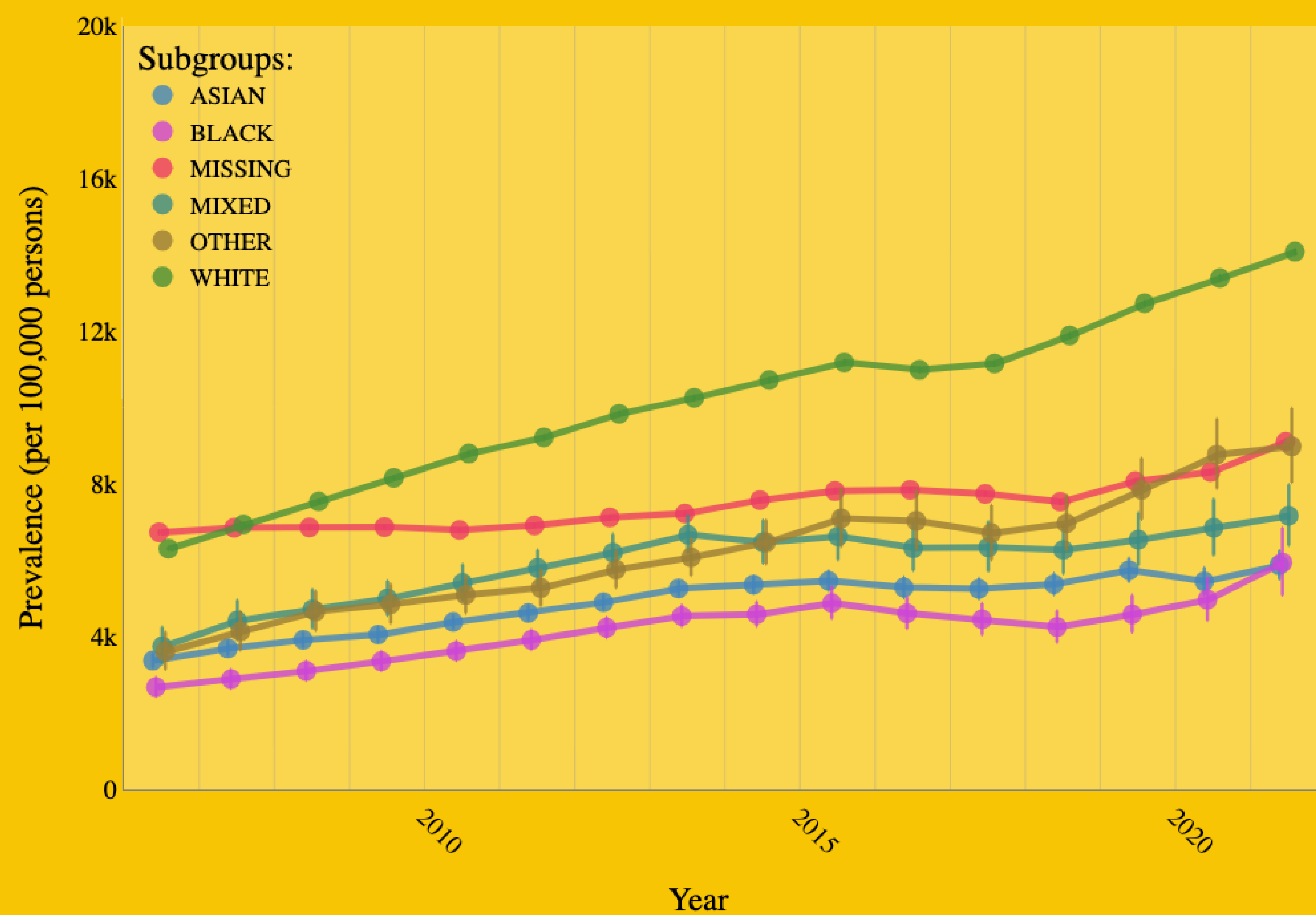


# Prevalence of Anxiety and Depression Increasing Across the UK.

## Anxiety



## Depression

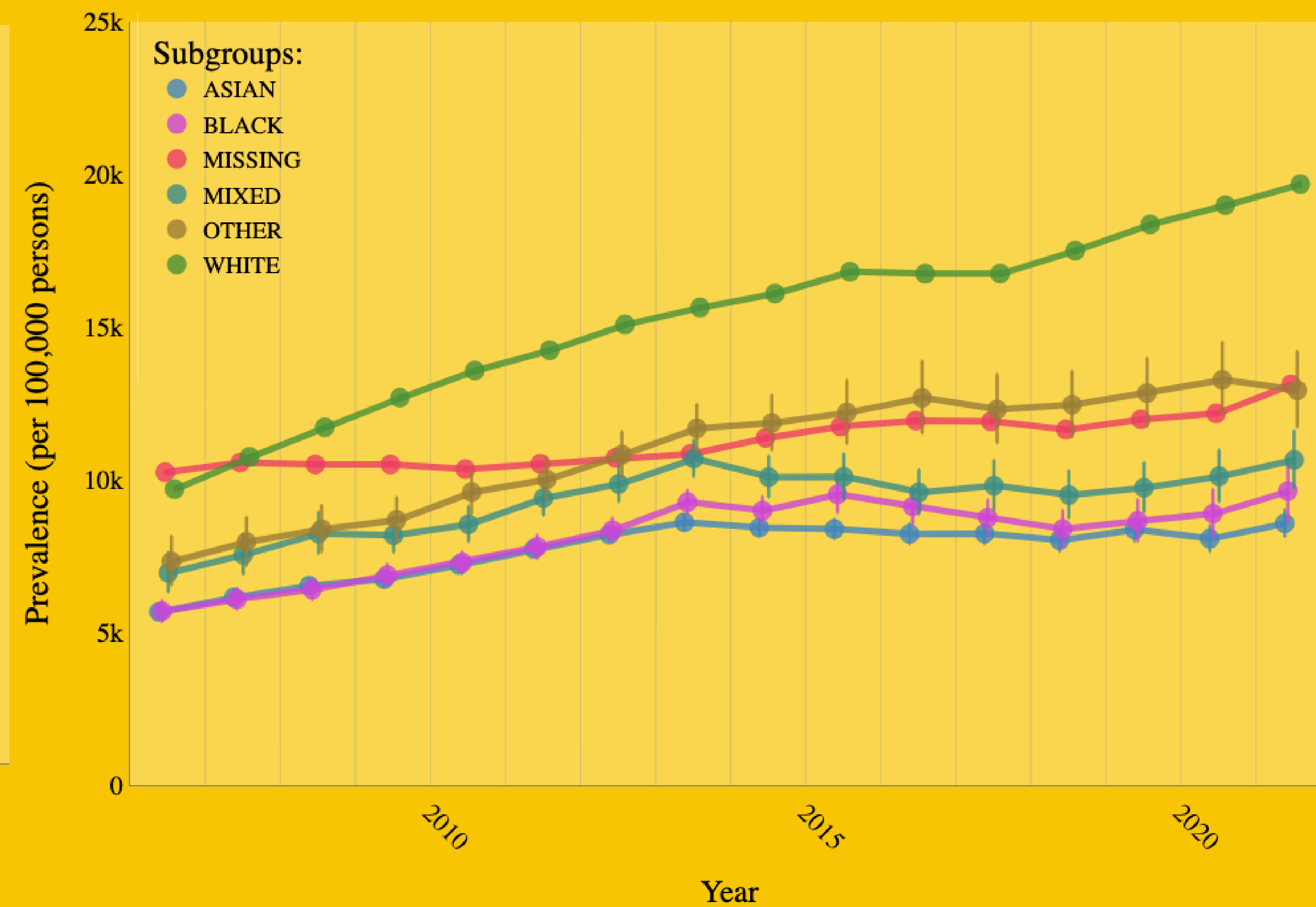


Fig1. Prevalence of Anxiety and Depression by Ethnic Groups

## Estimating the Age- and Sex-Standardised Prevalence and Incidence of Depression and Anxiety in UK Adults Using the THIN Database

An Electronic Health Record Cohort and Cross-Section Study of UK primary care data from 2006-2021

**BACKGROUND:** Anxiety and Depression are leading contributors to the global burden of disease.

**AIM:** To characterize UK burden of anxiety and depression across the adult population. To describe differences across ethnic groups.

**RESULTS:** Age- and sex-standardized prevalence of anxiety and depression increased from 2006 to 2021. Depression prevalence increased from 9,833 to 15,599 per 100,000 adults. Anxiety prevalence increased from 6,409 to 10,998 per 100,000 adults. Incidence rates remained relatively stable. In 2021, individuals of white ethnicity, had the highest prevalence of anxiety (14,084 per 100,000 adults), with prevalence in those of black and Asian ethnicity being 5,943 and 5,876 per 100,000 adults respectively. Depression showed similar differences across ethnic groups.

### METHODS:

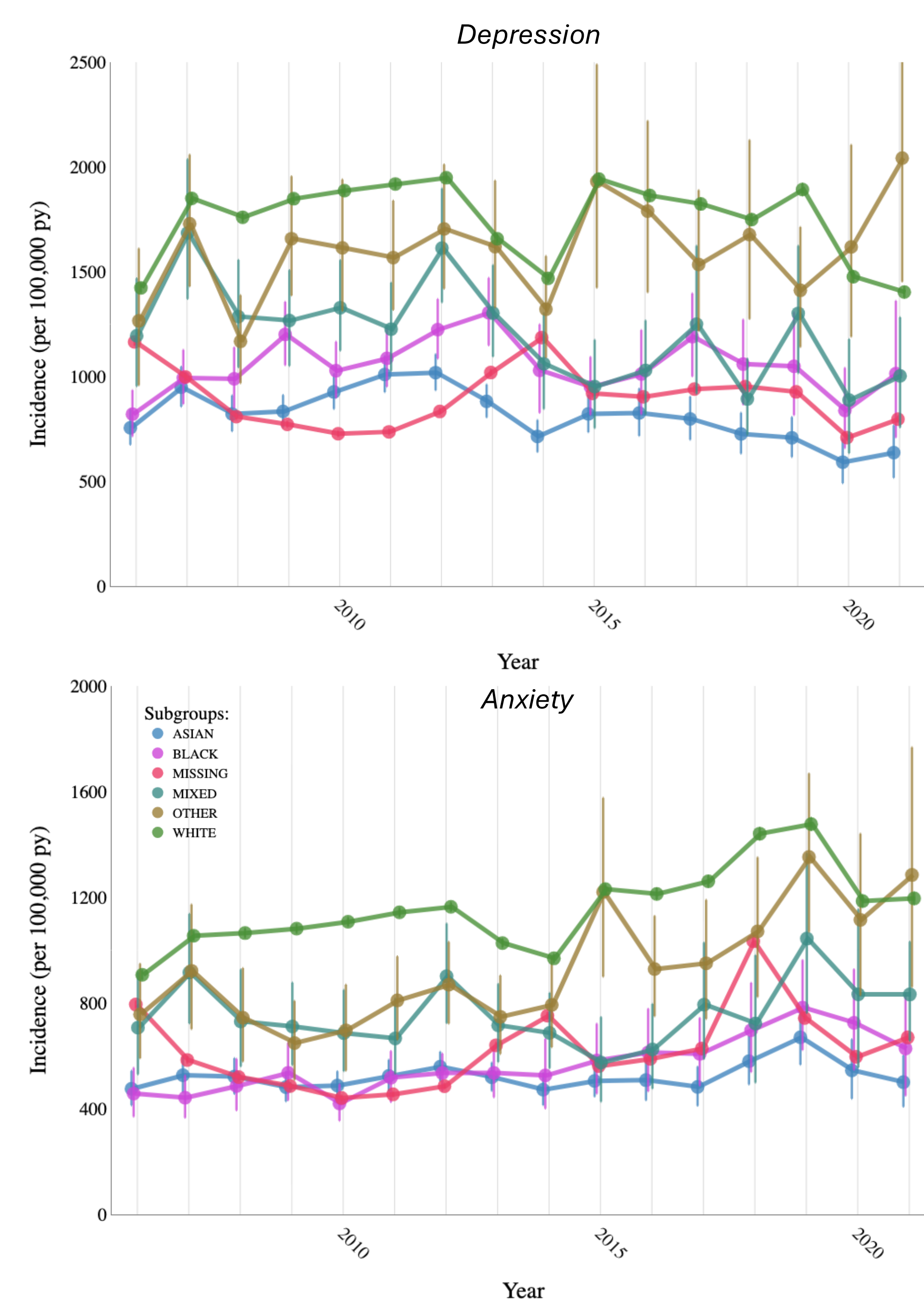
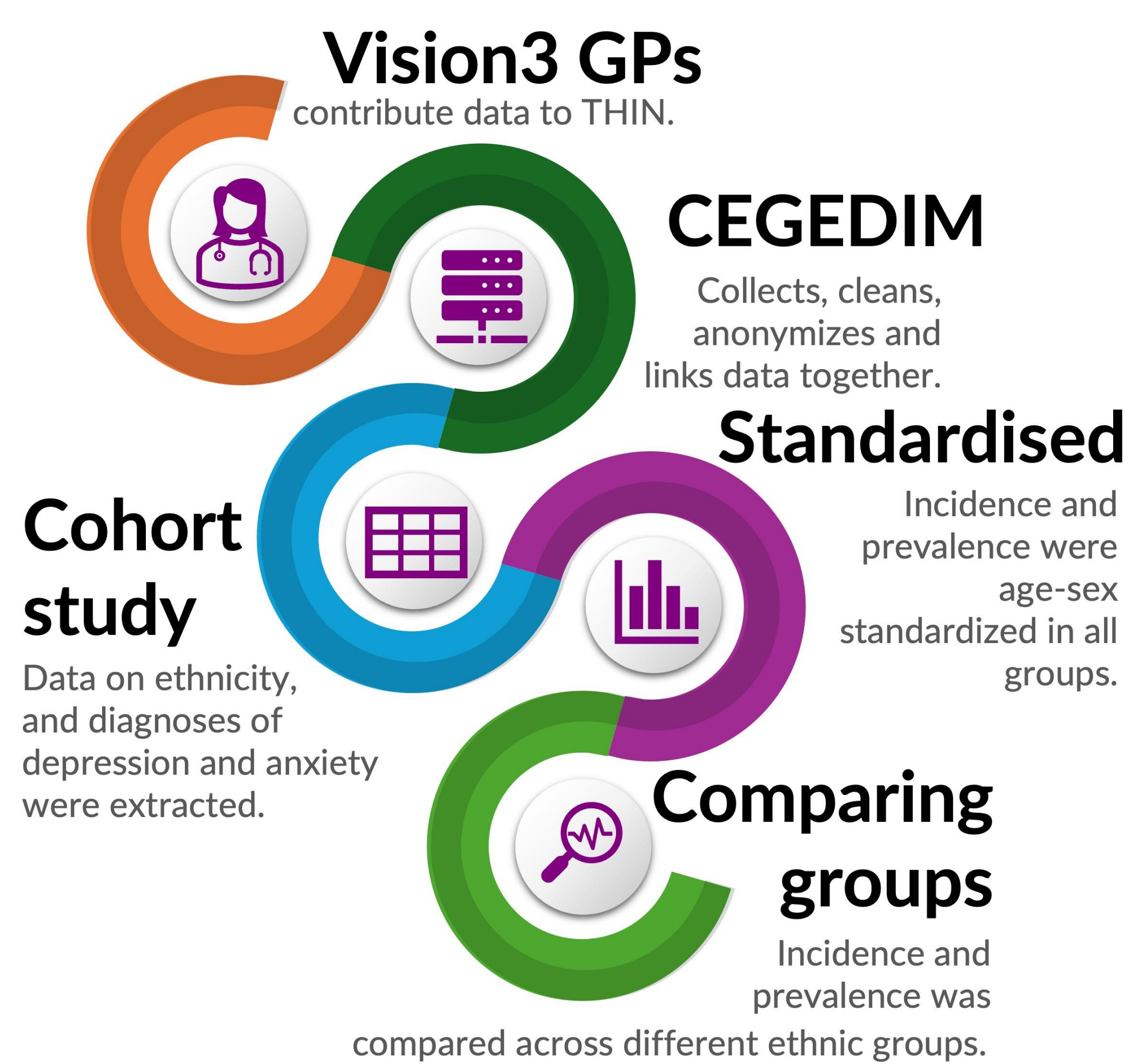
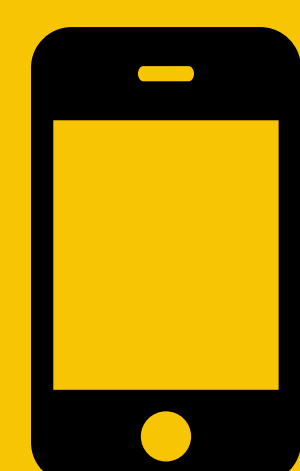


Fig2. Incidence rate of anxiety and depression by ethnic groups.



Interact with other GP data



Read the related preprint

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