

I. OBJECTIVE

The mental diseases negatively impact the health status and increase the use of health resources. Our aim was to compare healthcare resource utilization among subgroups with different anxiety and depressive symptoms.

II. METHODS

A large, representative cross-sectional, online, self-completed questionnaire survey was carried out in 2021 August among the Hungarian general population. Anxiety (GAD-7) and depression (PHQ-9) measurement tools were used to rate the severity of symptoms. As part of a larger survey, healthcare resource utilization (GP visit, hospital admission and psychologist consultation – in the last 3 month) and sociodemographic data were collected.

III. RESULTS

The questionnaire was completed by 2000 respondents. The mean age of the sample was 47.3 (16.9) years, majority of the respondents was female (57.3%). The prevalence of no, mild, moderate and severe anxiety and of no, mild, moderate, moderately severe and severe depression was 57.0%, 26.4%, 11.0%, 5.6% and 53.1%, 24.9%, 11.9%, 6.6%, 3.6%, respectively.

Sample population characteristics		
Variable	n or mean	% or SD
Total	2000	100.0
Gender		
male	855	42.8
female	1145	57.3
Age		
47		16.9
Education		
primary	544	27.2
secondary	909	45.5
tertiary	547	27.4
Employment status		
employed	1074	53.7
unemployed	91	4.6
student	68	3.4
retired/pensioner	557	27.9
housework/caregiver	150	7.5
inactive/other	60	3.0
Residence		
capital	390	19.5
town	979	48.9
countryside	631	31.6
GAD-7 (0-21)		
no (0-4)	1140	57.0
mild (5-9)	528	26.4
moderate (10-14)	220	11.0
severe (15-21)	112	5.6
PHQ-9 (0-27)		
no (0-4)	1061	53.1
mild (5-9)	497	24.9
moderate (10-14)	238	11.9
moderately severe (15-19)	132	6.6
severe (20-27)	72	3.6

Table 1 – Sample population characteristics

In the subgroups with no, mild, moderate and severe anxiety, at least one GP visit, hospital admission and psychologist consultation were reported by 50.1% (with an average of 1.03 visit), 53.1% (1.26), 58.5% (2.3), 60.2% (1.9) and 2.7% (0.05), 4.1% (0.09), 11.9% (0.68), 3.4% (0.03) and 1.1% (0.02), 6.1% (0.13), 14.5% (0.39), 12.5% (0.33) of the respondents, respectively. A similar trend, increasing resource use with symptom severity, was also observed in the subgroups with no, mild, moderate, moderately severe and severe depression: at least one GP visit, hospital admission and psychologist consultation were reported by 50.1% (1.01), 53.9% (1.24), 53.8% (1.71), 58.6% (2.07), 60% (2.72) and 2.3% (0.04), 4.7% (0.09), 6.9% (0.48), 11.8% (0.35), 3.5% (0.04) and 0.9% (0.02), 4.6% (0.1), 9.7% (0.26), 16.7% (0.39), 16.7% (0.4) of the respondents, respectively.

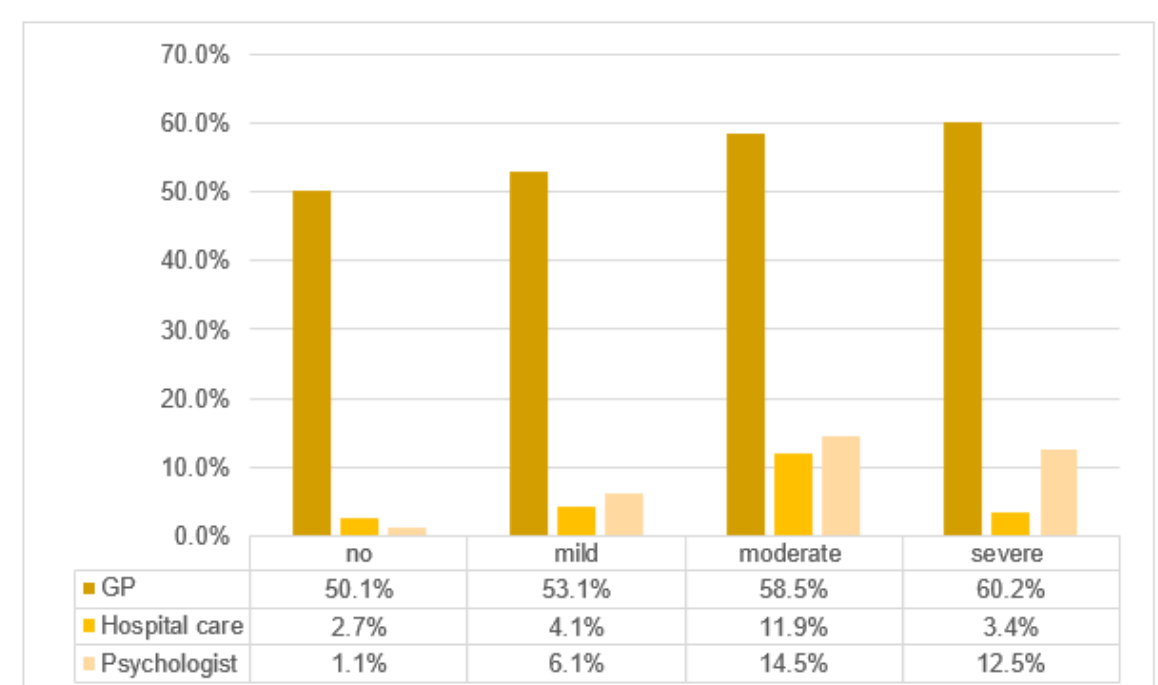


Figure 1 – Healthcare resource use among subgroups with anxiety symptoms, GAD-7 (0-21)

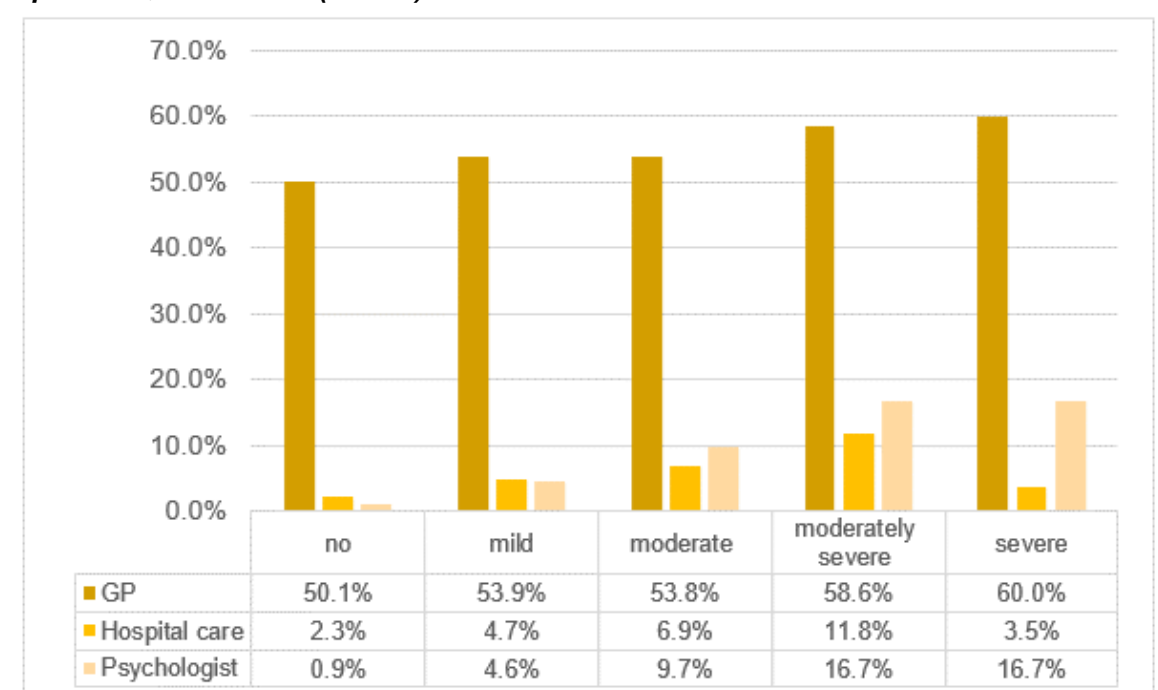


Figure 2 – Healthcare resource use among subgroups with depressive symptoms, PHQ-9 (0-27)

IV. CONCLUSION

Our study has showed the higher healthcare resource use among respondents with more severe symptoms of anxiety and depression.