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Six-year healthcare trajectories of adults with anxiety and depressive disorders: determinants of transition to specialised mental healthcare

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**Highlights:**

- This study found that 28% of participants diagnosed with anxiety and/or depression received specialised mental healthcare within six years after diagnosis.
- Not all key clinical guideline characteristics such as severity of symptoms and co-morbidity were predictive of receiving specialised mental healthcare.
- Participants who are younger than 30 years old, report suicidal ideation, have a higher education level, reported more openness to experience, received prior pharmacological treatment or mental healthcare in primary care, or perceived an unmet need for help, were more likely to receive specialised mental healthcare.

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