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Generalized Anxiety Disorder in Urban China: Prevalence, Awareness, and Disease Burden

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Abstract

Introduction

Limited published research has quantified the Generalized Anxiety Disorder (GAD) prevalence and its burden in China. This study aimed to fill in the knowledge gap and to evaluate the burden of GAD among adults in urban China.

Methods

This study utilized existing data from the China National Health and Wellness Survey (NHWS) 2012–2013. Prevalence of self-reported diagnosed and undiagnosed GAD was estimated. Diagnosed and undiagnosed GAD respondents were compared with non-anxious respondents in terms of health-related quality of life (HRQoL), resource utilization, and work productivity and activity impairment using multivariate generalized linear models. A multivariate logistic model assessed the risk factors for GAD.

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