



Global Mental Health: Anxiety Disorders



© iStockphoto.com/SergeyIT

Data shows that anxiety disorders are a common occurrence throughout the world.

The World Health Organization (WHO), as part of its mission, has collected data on mental health from countries around the world. Face-to-face household surveys were undertaken with community adult respondents in low-income or middle-income countries (Colombia, Lebanon, Mexico, Nigeria, China, South Africa, Ukraine) and high-income countries (Belgium, France, Germany, Israel, Italy, Japan, the Netherlands, New Zealand, Spain, the United States).

Prevalence data were assessed with the WHO Composite International Diagnostic Interview.

Lifetime and 12-month prevalence data in relation to anxiety disorders has been compiled (see *Tables 8.4* and *8.5*).

TABLE 8.4 Lifetime Prevalence in Terms of Percentage and Standard Error (SE)

	ANY ANXIETY DISORDER	
	%	(SE)
<i>I. WHO Region: Pan American Health</i>		
Colombia	25.3	(1.4)
Mexico	14.3	(0.9)
United States	31.0	(1.0)
<i>II. WHO Region: African Regional Office</i>		
Nigeria	6.5	(0.9)
South Africa	15.8	(0.8)
<i>III. WHO Region: Eastern Mediterranean</i>		
Lebanon	16.7	(1.6)
<i>IV. WHO Region: European Regional</i>		
Belgium	13.1	(1.9)
France	22.3	(1.4)
Germany	14.6	(1.5)
Israel	5.2	(0.3)
Italy	11.0	(0.9)
Netherlands	15.9	(1.1)
Spain	9.9	(1.1)
Ukraine	10.9	(0.8)
<i>V. WHO Region: Western Pacific Region</i>		
PRC	4.8	(0.7)
Japan	6.9	(0.6)
New Zealand	24.6	(0.7)

Source: Kessler et al. (2009).