

■ **FIGURE 3.11** How Many People in the United States Experience Anxiety?

The graph on the left shows the percentage of the U.S. population that experiences clinically significant anxiety sometime in their life, those who have experienced it in the last 12 months, and those who have experienced severe anxiety in the last 12 months. The graph on the right shows lifetime prevalence of clinical anxiety in terms of age. These data were published in 2005.

Source: NIH (2005), <http://www.nimh.nih.gov/health/statistics/prevalence/generalized-anxiety-disorder-among-adults.shtml>

