

# What Are Anxiety and Depression?

Anxiety disorders are real, serious medical conditions - just as real and serious as physical disorders such as heart disease or diabetes. Anxiety disorders are the most common and pervasive mental disorders in the United States.

Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general for more than two weeks and when the feelings interfere with daily activities.

Major depression is a treatable illness that affects the way a person thinks, feels, behaves, and functions. At any point in time, 3 to 5 percent of people suffer from major depression; the lifetime risk is about 17 percent.



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**It's a normal part of life to experience occasional anxiety.**

**But you may experience anxiety that is persistent, seemingly uncontrollable, and overwhelming. If it's an excessive, irrational dread of everyday situations, it can be disabling. When anxiety interferes with daily activities disorder.**

The term "anxiety disorder" refers to specific psychiatric disorders that involve extreme fear or worry, and includes generalized anxiety disorder (GAD), panic disorder and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety, and specific phobias.

Obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) are closely related to anxiety disorders, which some may experience at the same time as depression.

## FACTS AND STATISTICS

# Understanding Anxiety and Depression is the First Step

**40** MILLION

National prevalence data indicate that nearly 40 million people in the United States (18%) experience an anxiety disorder in any given year.

**8**%

Approximately 8% of children and teenagers experience an anxiety disorder with most people developing symptoms before the age of 21.

**322** MILLION

322 million people worldwide live with depression (WHO).

**17.3** MILLION

An estimated 17.3 million adults in the United States had at least one major depressive episode in 2017. This number represented 7.1% of all U.S. adults (NIMH).

#### **DID YOU KNOW?**

**Researchers are learning that anxiety disorders run in families, and that they have a biological basis, much like allergies or diabetes and other disorders.**

Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

**Many people who develop depression have a history of an anxiety disorder earlier in life.**

There is no evidence one disorder causes the other, but there is clear evidence that many people suffer from both disorders.