Anxiety Around the World: A Daily Life

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Introduction

While an abundance of research examines anxiety and its relationship with factors like gender and socioeconomic status (SES), these studies typically lack a global perspective.

Method

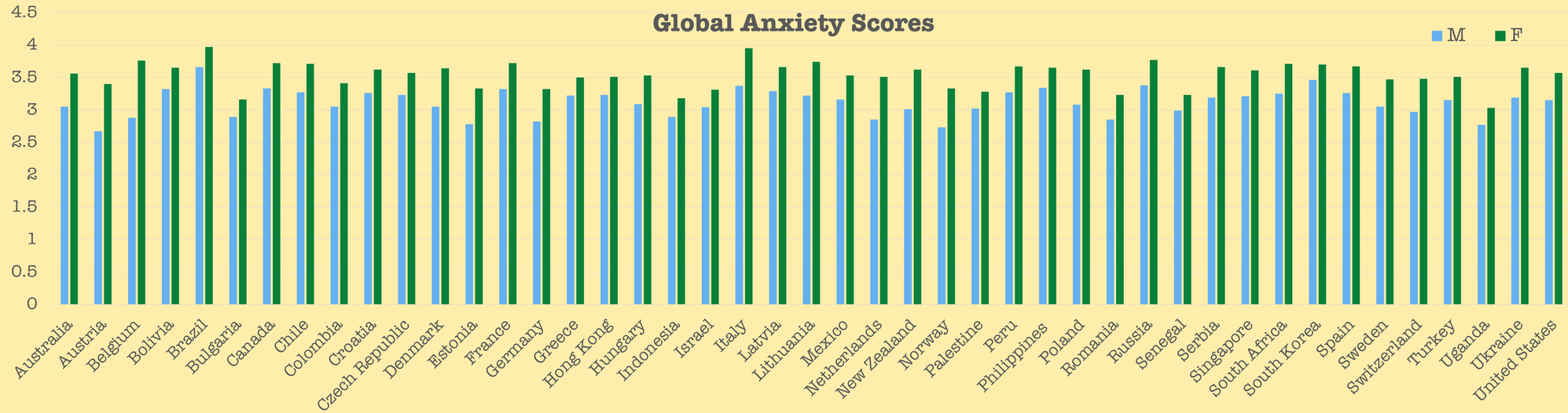
- Data was collected from a cross-cultural study, the International Situations Project. Participants (n = 15,000) from 65 countries.
- Our study analyzed global anxiety rates and compared these rates across genders as well socioeconomic status.
- Anxiety rates determined by measuring facets of neuroticism from self-reported data.

Results

- Countries found to have the highest mean anxiety were Brazil (M = 3.88), Portugal (M = 3.86), and Argentina (M = 3.77).
- Countries with the lowest mean anxiety tended to be African countries; Nigeria (M = 2.82), Kenya (M = 2.92), and Uganda (M = 2.94).
- Globally, women were more anxious than men (t = 28.41, p < .001).
- 46 (70%) countries had significant gender differences in anxiety rates, observing women as more anxious than men.
- Gender differences most prevalent in Italy (t = 10.09, p < .001) as well as the United States (t = 9.3, p < .001).
- Worldwide, SES was not significantly related to anxiety (r = .02).
- A few countries had relatively large negative correlations indicating that individuals in these countries that are high in anxiety tend to report low SES.

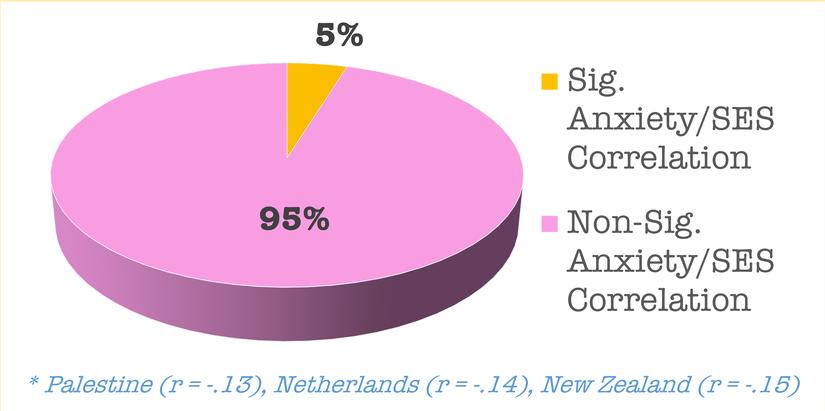
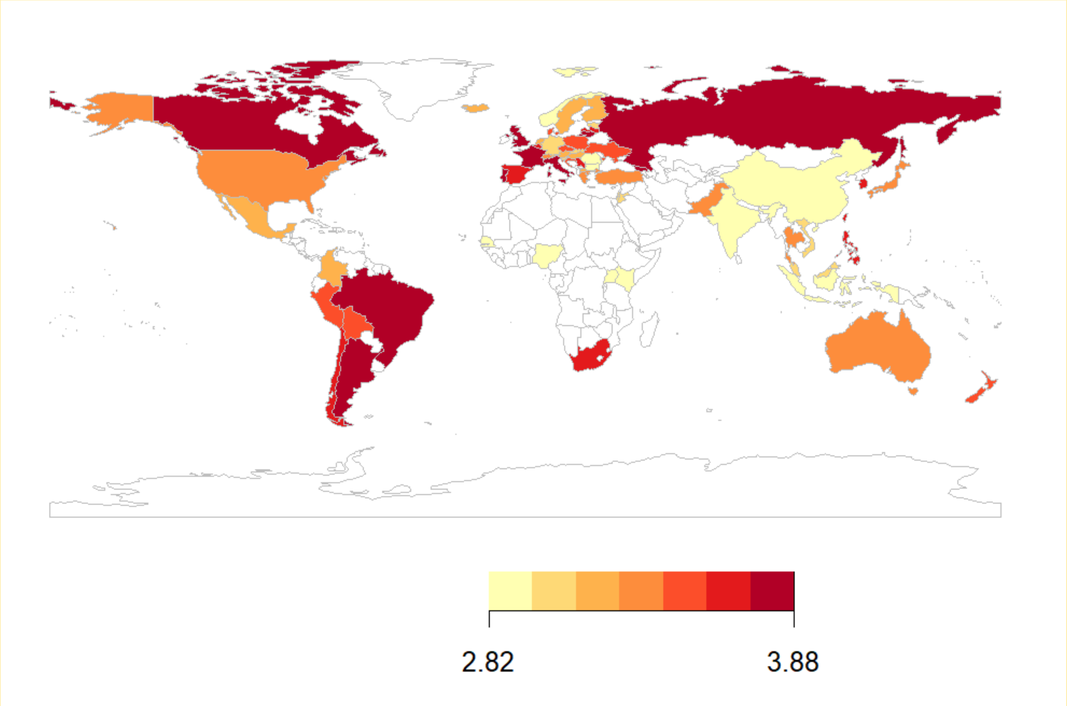
Discussion

These results underscore the importance of assessing gender and SES on a global scale in understanding the full scope of the nature of anxiety across all individuals.



** Anxiety scores across genders were NOT significant in the following countries: Argentina, China, Finland, Georgia, Iceland, India, Japan, Jordan, Kenya, Macedonia, Malaysia, Nigeria, Pakistan, Portugal, Slovakia, Slovenia, Taiwan, Thailand, United Kingdom, and Vietnam.

Anxiety vs. SES Correlation



Mean Anxiety Around the World