



Key Facts and Figures

How common are Anxiety conditions and Common Mental Disorders (CMD)?*

- Around 1 in 6 adults (17%) surveyed in England, met the criteria for a CMD in 2014. This is an increase of 2.9% since 1993¹
- In 2013, there were 8.2 million cases of anxiety disorder²
- According to the 2010 Global Burden of Disease Study, the most predominant mental health problems worldwide are depression and anxiety.³
- 5.9% of adults in the UK reported experiencing Generalised Anxiety Disorder (GAD) within a given week. Also reported were Phobias (2.4%), OCD (1.3%) and Panic Disorder (0.6%)⁴
- When looking at CMD's by region of the UK: GAD was most common in both the North West and North East at 7.3%. Phobias were most common in the North West and West Midlands (3.1%). OCD was most common in the East Midlands (2.7%) and Panic Disorder was most common in the North West (1.4%)⁵

*According to the Adult Psychiatric Morbidity Survey the Common Mental Disorders assessed as: depression, generalised anxiety disorder (GAD), panic disorder, phobias, obsessive compulsive disorder (OCD), and CMD not otherwise specified (CMD-NOS).

¹ NHS England. (2016). *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England.*

² Fineberg, N., Haddad, P., Carpenter, L., Gannon, B., Sharpe, R., Young, A., Joyce, E., Rowe, J., Wellsted, D., Nutt, D. and Sahakian, B. (2013). The size, burden and cost of disorders of the brain in the UK. *Journal of Psychopharmacology*, 27(9), pp.761-770.

³ Whiteford, H. A. et al. (2013) Global burden of disease attributable to mental and substance use disorders: findings from the Global Burden of Disease Study 2010. *The Lancet*. 382 (9904). pp. 1575-1586.

⁴ NHS England. (2016). *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England.*

⁵ NHS England. (2016). *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England.*

How do Anxiety Conditions affect people?

- 1 in 5 women (19%) compared with 1 in 8 men (12%) reported CMD symptoms. With young women in particular emerging as a high risk group. 16 – 24 year old women had the highest rate for severe CMD symptoms at 15.1%. This was higher than any other age group for both men and women. ⁶
- The most severe anxiety condition amongst men was GAD with 52.3% of those with this condition having severe symptoms that would warrant medication or psychological therapy. This was the same for women with 42.6% of women with GAD experiencing severe symptoms.⁷
- In the UK the ethnic group most likely to experience any type of CMD was Black/Black British at 24.0%⁸
- The highest rate of CMD by age group for all adults was as follows:
GAD 45-54: 7.3%
Depressive Episode 45-54: 4.5%
Phobias 16-24 & 25-34: 3.3%
OCD 16-24: 1.8%
Panic Disorder 16-24: 1.2%
CMD (Not otherwise specified) 25-34: 9.1%⁹

⁶⁻⁹ NHS England. (2016). *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England.*



Most commonly presented Anxiety Conditions to Anxiety UK

1. Generalised Anxiety Disorder
2. Mixed Depression and Anxiety
3. Health Anxiety
4. Social Phobia
5. Depression
6. Panic Disorder
7. OCD
8. PTSD
9. Agoraphobia
10. Emetophobia
11. Work related stress
12. Compulsive Skin Picking
13. Post Natal Depression
14. Toilet phobia
15. Flying Phobia
16. Trichotillomania
17. Body Dysmorphia
18. Compulsive Hoarding
19. Claustrophobia
20. Injection Phobia
21. Exam Stress
22. Dental Phobia
23. Anxiety and Anger Management

Key figures surrounding treatment and service use

- 61.5% of individuals with a CMD in a given week are receiving no treatment.¹⁰
- People who experience a phobia are the most likely to receive any form of treatment (55.2%).¹¹

¹⁰⁻¹¹ NHS England. (2016). *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England*.



- OCD has the highest percentage of treatment solely through therapy (9.5%). However, receiving therapy as the only source of treatment for a common mental disorder was the least likely method for every type of CMD.¹²
- The most common form of therapy accessed for any CMD is CBT (4.2%) followed by counselling (3.6%)¹³
- Only 11.8% of people with a CMD accessed any type of therapy as part of their treatment.¹⁴
- A 2014 survey found that, out of 2,000 people who tried to access talking therapies, only 15% of them were offered the full range of recommended therapies by National Institute for Health and Care Excellence (NICE).¹⁵

New Technologies - Alpha Stim latest research

The Alpha Stim is a new product with technology that can help relieve anxiety symptoms in users. It is a small device, worn on the head that releases small electrical currents. The most recent research, completed in 2019¹⁶ gives the following results for the device.

- After 12 weeks of use, 44.7% of participants had recovered from their anxiety condition (using the GAD7 scale).
- Most improvement was seen in the first 4 weeks use of the Alpha Stim.
- The treatment is non-invasive, non-pharmacological, and can therefore be used in conjunction with another treatment, such as talking therapy or medication.

¹²⁻¹⁴ NHS England. (2016). *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England*.

¹⁵ The British Psychological Society (2014). We Need To Talk Coalition Manifesto.

¹⁶ Richard Morriss et al. (2019). Clinical effectiveness and cost minimisation model of Alpha-Stim cranial electrotherapy stimulation in treatment seeking patients with moderate to severe generalised anxiety disorder. *Journal of Affective Disorders*. 253 (1), 426-437.