
AFFECT: Anxiety and Depression

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Anxiety Questions

How often do you feel worried, nervous or anxious? Daily, Weekly, Monthly, A few times a year, or Never?

Do you take medication for these feelings?

Thinking about the last time you felt worried, nervous or anxious, how would you describe the level of these feelings: a little, a lot, or somewhere in between a little and a lot?

If somewhere in between: Would you say the depression was closer to a little, closer to a lot, or exactly in the middle?



Depression Questions

How often do you feel depressed? Daily, weekly, monthly, a few times a year, or never?

Do you take medication for depression?

Thinking about the last time you felt depressed, how depressed did you feel, a little, a lot, or somewhere in between a little and a lot?

If somewhere in between: Would you say the depression was closer to a little, closer to a lot, or exactly in the middle?



Granada Group Findings



Constructs: Explanations for feelings

Anxiety

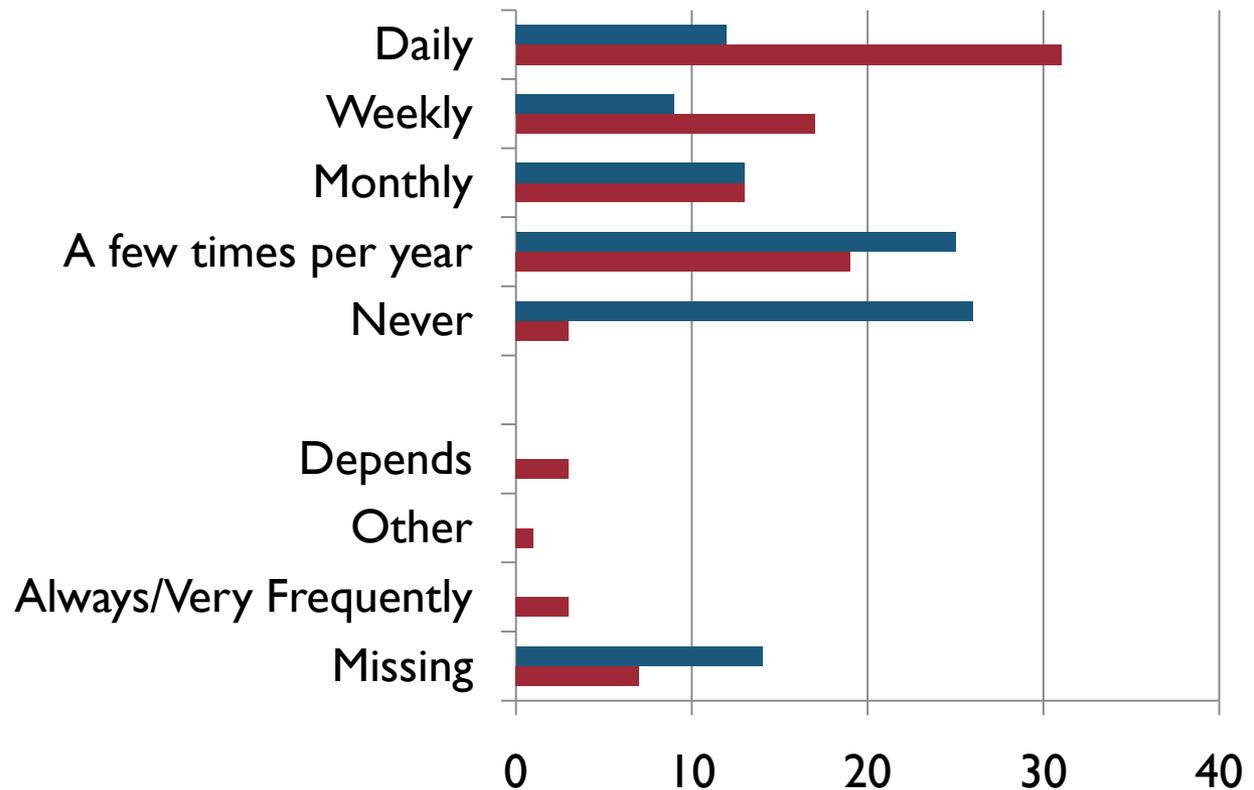
1. Diagnosed anxiety
1. Stress/worry: family, financial, health, workload
2. Feelings of depression
3. Antsy/positive

Depression

1. Diagnosed depression
 2. Stress/worry: family, financial, health, workload
 3. Mood-related/Fleeting
 4. Grief
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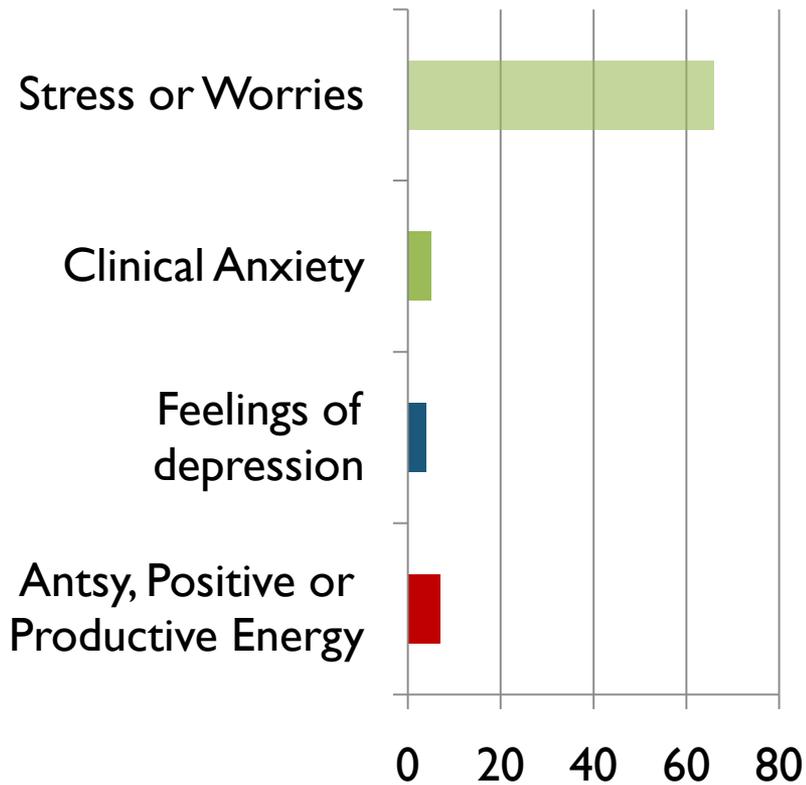
Affect: Frequency

- How often do you feel worried, nervous or anxious?
- How often do you feel depressed?

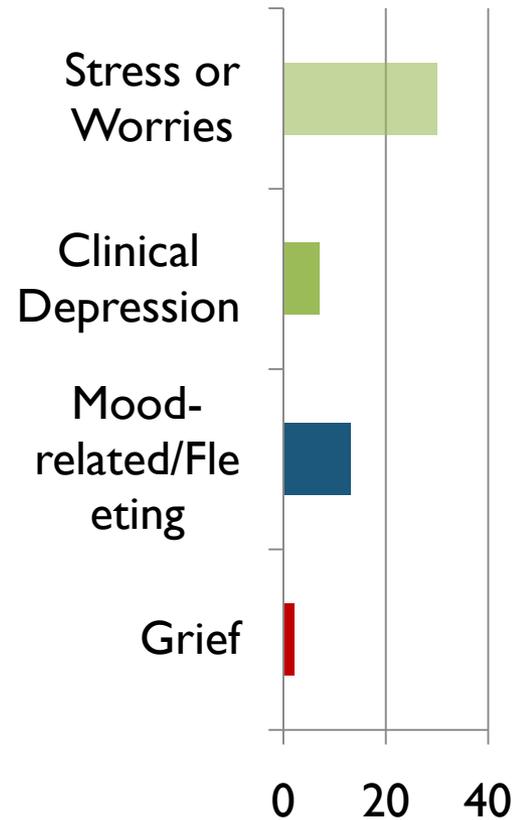


Constructs:

Anxiety



Depression



Anxiety construct by Reported frequency

	Antsy, Positive or Productive Energy	Stress or Worries	Depression	Diagnosed Clinical Anxiety
A few/year		13		
Monthly	1	9		
Weekly	1	12	1	
Daily	2	15	3	5



Depression construct by Reported frequency

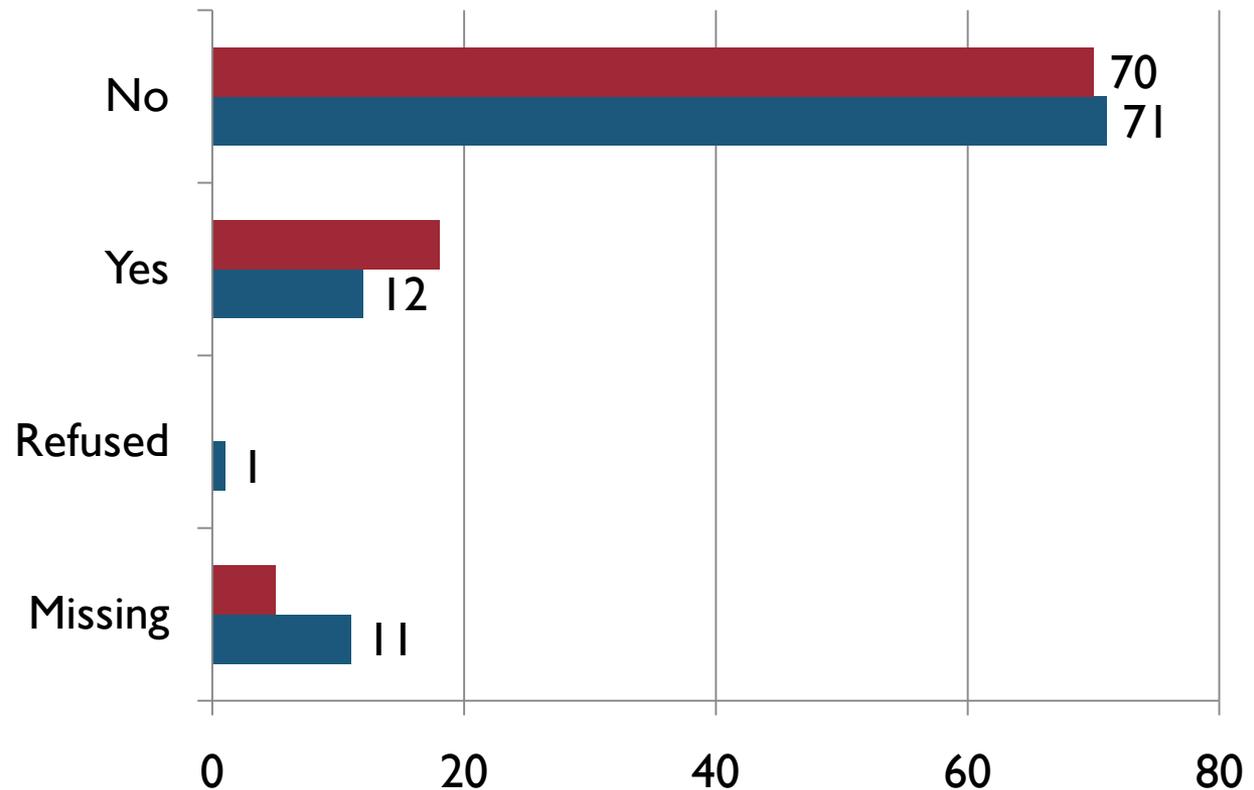
	Mood-related/Fleeting	Stress or Worries	Grief	Clinical, Diagnosed Depression
A few times a year	6	13		1
Monthly	5	6		1
Weekly	1	3	2	2
Daily	1	8		3



Affect: Medication

🚫 Do you take medication for these feelings? (N=

🚫 Do you take medication for depression?



Medication: *Do you take medication for these feelings?*

Anxiety

- ▶ Prescribed medicines for anxiety: e.g. zoloft, prozac, sleeping pills
- ▶ Self-admin. remedies: herbal medicines (e.g. valerian), teas, alcohol

Depression

- ▶ Prescribed medicines
- ▶ Unlike anxiety, no herbal meds or sleeping pills included
- ▶ Some confusion over reporting anxiety meds vs depression meds



Frequency: Anxiety & Depression

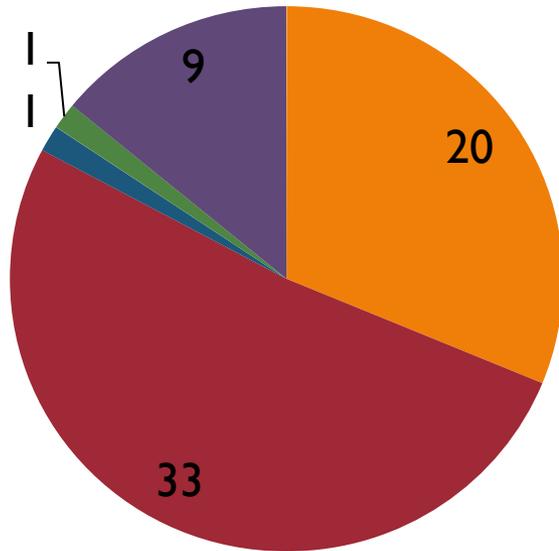
▶ Response Categories:

- ▶ A few R's asked about meanings of response categories.
 - ▶ e.g. what does daily mean? Does it mean constant?
 - ▶ e.g. If it happens a few times a week, does that mean weekly?
- ▶ Some R's answer "a few times a year," which turns out to be "Never."
 - (Turns into False Positive reports; depending on answer to intensity of "last time" could wrongly characterize someone)

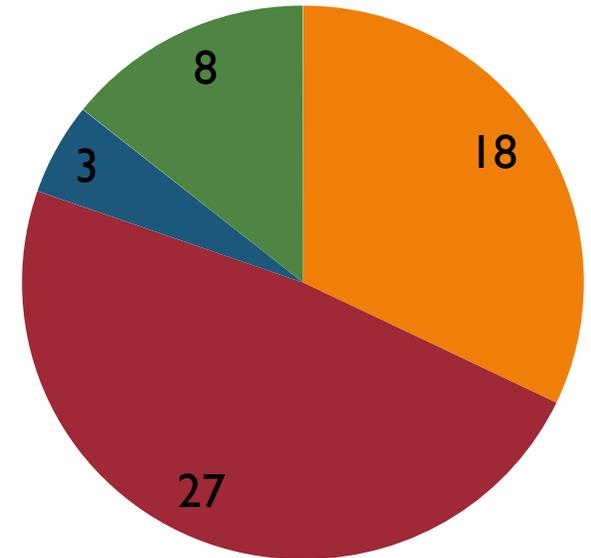


Reference Period: *How often do you feel ...? (For unspecified question)*

Anxiety

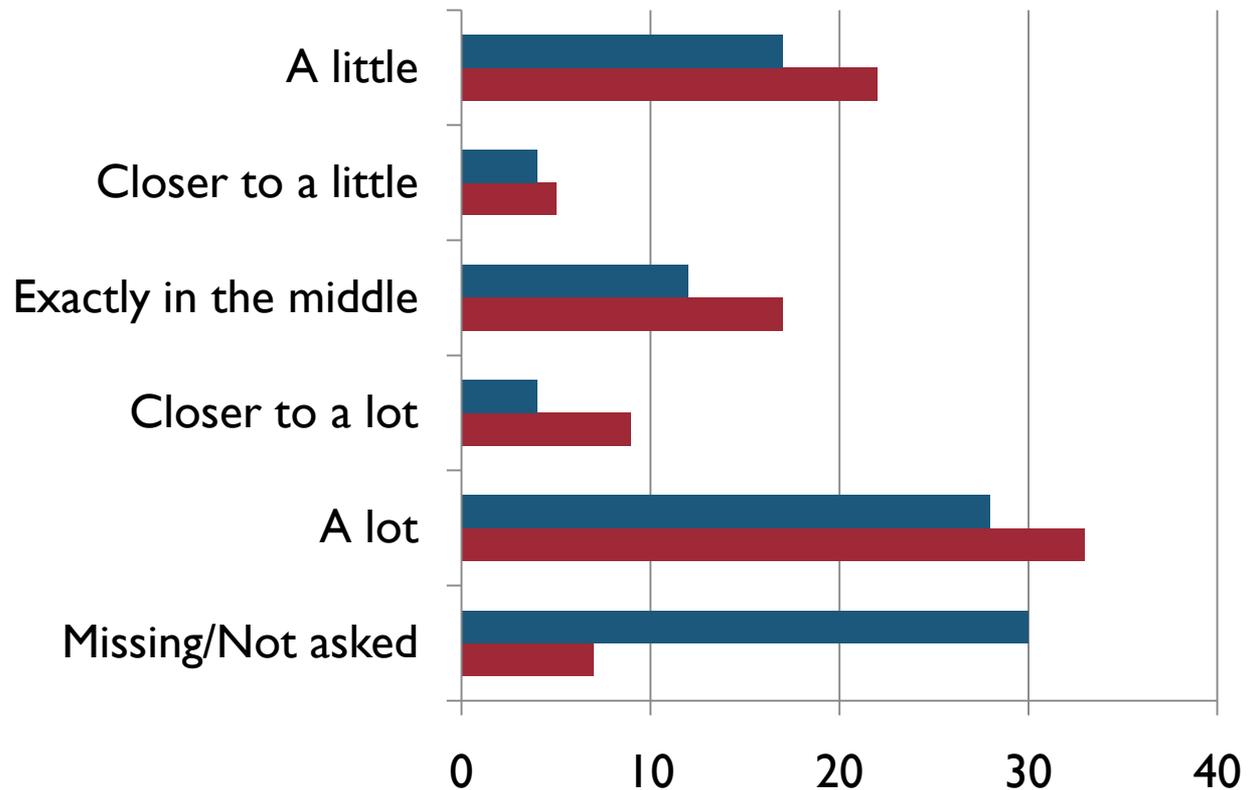


Depression



Affect: Intensity

- Thinking about the last time you felt worried, nervous or anxious, how would you describe the level of these feelings?
- Thinking about the last time you felt depressed, how depressed did you feel?



Intensity: Anxiety & Depression

Magnitude/Level :

- ▶ Mostly, not clear why levels were picked (For Anxiety)
- ▶ Range of rationales provided: (Primarily for Depression)
 - ▶ Amount of impact
 - ▶ Ability to recover
 - ▶ Speed of recovery
 - ▶ The level of importance
 - Only worry about the small things
 - Only worry about serious issues

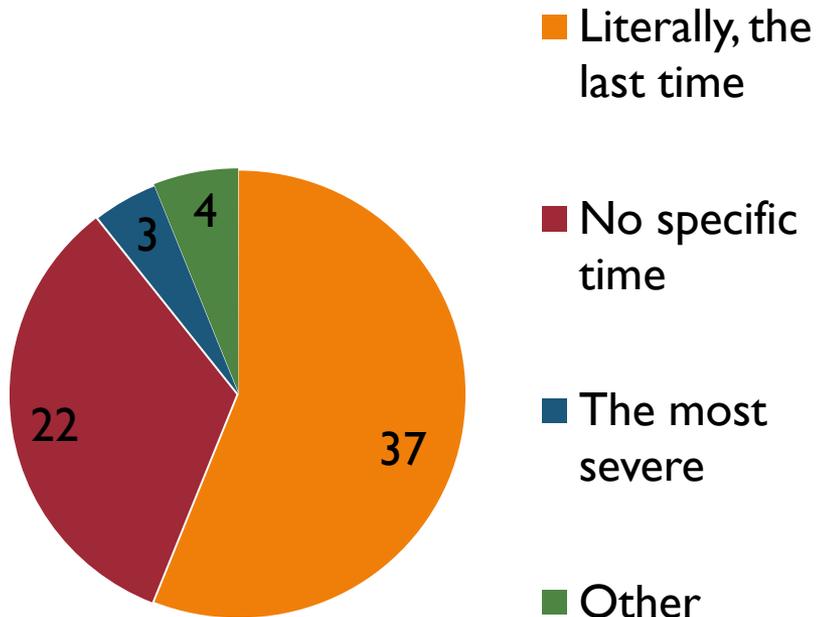
Time Frame Considered:

- ▶ Varies across respondents, even when specified
- ▶ R's not always consistent in the way they use time frame

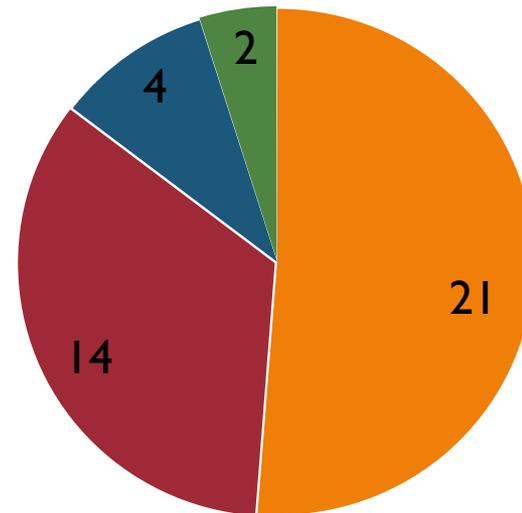


Reference Period: *Thinking about the last time you felt ...,?*
(For specified question)

Anxiety



Depression



Continuum of Anxiety & Depression: Frequency by Intensity

			A little	In between	A lot			
Never	33	4						
Few times							9	8
Monthly			9	6	4	8	3	1
Weekly			0	4	5	10	5	8
Daily			1	6	5	13	9	18



Depression: Continuum based on narrative

Not based on answers to survey questions; only story

- Impact on life
- Ability to get through the depression
- Needing outside help to cope

None	Low	Medium	High	Unable to Code
18	16	11	5	26



Depression: Narrative vs. Survey Question

	None	Low	Medium	High		Unable to Code
Never	13	1	1			11
FewTimes/Little	3	3				1
FewTimes/Between	1	2				3
Daily/Little			1			
FewTimes/Alot		1	1			4
Monthly/Between		1				2
Monthly/Little	1	4	1			1
Monthly/Alot			1			
Weekly/Between		1				3
Weekly/Alot			2	2		
Daily/Between		2	1	1		
Daily/Alot		1	3	2		1



Reasons for Inconsistencies: Depression

- ▶ **False Negatives:**
 - ▶ Not wanting to report in the survey question that there is “depression”, but the feelings come out when talking about it.



Reasons for Inconsistencies: Depression

▶ False Positives:

- ▶ Not wanting to say never, instead Few Times = Never.
- ▶ Depression is interpreted as a mood or feelings that are normal. Therefore respondents can incorporate relatively trivial feelings of sadness.
- ▶ The respondent is not describing feelings of sadness, depression or lethargy, but rather worry and/or anxiety
- ▶ Respondents are talking about significant depression but it is not as severe.



Depression: Narrative vs. Survey Question

	None	Low	Medium	High
Never	13	A	A	
FewTimes/Little	B/C, B, B	3		
FewTimes/Between	C	2		
Daily/Little			1	
FewTimes/Alot		1	1	
Monthly/Between		1		
Monthly/Little	C	4	1	
Monthly/Alot			1	
Weekly/Between		1		
Weekly/Alot			2	2
Daily/Between		E, D	1	1
Daily/Alot		C	E, E, E	2

- A. Not reporting
- B. Few Times = Never
- C. Depression as normal feelings
- D. Worry and/or anxiety
- E. Significant but not as severe.



Anxiety: Continuum based on narrative

Not based on answers to survey questions; only story

- Impact on life
- Ability to get through the depression
- Needing outside help to cope

None	Low	Medium	High	Unable to Code
7	21	22	13	26



Anxiety: Narrative vs. Survey Question

	None	Low	Medium	High		Difficult to Code
Never	1	1				1
FewTimes/Little	4	4				
FewTimes/Between	1	2				1
Monthly/Little		2	2			2
FewTimes/Alot	1	3	2			
Monthly/Between		3				1
Weekly/Little		3				
Daily/Little			1	1		4
Monthly/Alot		2				1
Weekly/Between			5	1		1
Weekly/Alot		1	3			3
Daily/Between			5			
Daily/Alot			4	11		3

Reasons for Inconsistencies: Anxiety

- ▶ **False Negatives:**

- ▶ Not reporting anxiety, but the feelings come out when talking about it. (not clear why)
- ▶ Could be coded differently



Reasons for Inconsistencies: Anxiety

- ▶ **False Positives:**
 - ▶ Not wanting to say never, instead Few Times = Never.
 - ▶ “Normal” Feelings:
 - ▶ Liberal definition of construct
 - ▶ Fleeting
 - ▶ “Normal”
 - ▶ Could be coded differently



Anxiety: Narrative vs. Survey Question

	None	Low	Medium	High
Never	I	A		
FewTimes/Little	B,C,B/C,B/C	4		
FewTimes/Between	B	2		
Monthly/Little		2	2	
FewTimes/Alot	B	C, B, B	2	
Monthly/Between		C, C, D		
Weekly/Little		D, D, D		
Daily/Little			I	E
Monthly/Alot		C, C		
Weekly/Between			5	I
Weekly/Alot		C	3	
Daily/Between			C, D, D, D, D,	
Daily/Alot			C, D, D, D,	II

- A. Not reporting
- B. Few Times = Never
- C. Normal feelings
- D. Could be coded differently

ESCAP Field Test Findings



ESCAP: Summary of Affect Cognitive Findings

Granada Group: less detailed information, similar findings

- ▶ Some interpretations potentially out of scope
- ▶ Consistency question problematic
- ▶ Medication question problematic
- ▶ Variation in basis for answers (which may be related to socio-cultural factors)



Table 1. Frequency of anxiety by country.

Anxiety: Frequency

Frequency	Kazakhstan	Cambodia	Sri Lanka	Maldives	Mongolia	Philippines	All Countries
Never	31.9%	39.7%	78.4%	46.6%	35.4%	54.3%	47.3%
Few times a year	22.9	28.7	7.5	27.3	25.6	25.3	23.0
Monthly	13.6	14.5	2.7	5.7	12.8	10.8	10.1
Weekly	17.6	9.2	2.1	9.0	12.4	7.7	9.7
Daily	13.3	7.4	8.1	11.0	13.6	1.7	9.3
Refused	0.2	0.0	0.1	0.1	0.1	0.0	0.1
Don't know	<u>0.5</u>	<u>0.5</u>	<u>1.1</u>	<u>0.4</u>	<u>0.3</u>	<u>0.2</u>	<u>0.5</u>
	100	100	100	100	100	100	100
N	(1000)	(1008)	(1000)	(1013)	(1222)	(1066)	(6309)



Anxiety: Intensity

	Kazakhstan	Cambodia	Sri Lanka	Maldives	Mongolia	Philippines	All Countries
A little	64.0%	62.7%	54.4%	39.4%	65.6%	83.5%	62.4%
Closer to a little	4.9	2.0	2.0	1.7	4.3	1.4	3.0
In between	10.2	18.6	6.4	15.1	6.8	6.8	11.0
Closer to a lot	6.7	2.2	2.0	1.1	5.1	0.4	3.3
A lot	12.9	14.1	34.8	40.9	16.9	7.2	19.2
Refused	0.2	0.0	0.0	0.0	0.3	0.0	0.1
Don't know	<u>1.2</u>	<u>0.5</u>	<u>0.5</u>	<u>1.9</u>	<u>1.0</u>	<u>0.6</u>	<u>1.0</u>
	100	100	100	100	100	100	100
N	(675)	(603)	(204)	(536)	(785)	(486)	(3289)



Anxiety:

	A few times a year	Monthly	Weekly	Daily	DK/REF
A little	1087	423	328	214	1
Closer to a little	35	25	27	12	0
In between	122	85	95	59	0
Closer to a lot	22	16	39	33	0
A lot	163	86	122	259	0
DK/REF	22	3	3	7	1

Note. Polychoric correlation = .42

Additional Probe Questions

Please tell me which of the following statements, if any, describe your feelings.

1. My feelings are caused by the type and amount of work I do.
 2. Sometimes the feelings can be so intense that my chest hurts and I have trouble breathing.
 3. These are positive feelings that help me to accomplish goals and be productive.
 4. The feelings sometimes interfere with my life, and I wish that I did not have them.
 5. If I had more money or a better job, I would not have these feelings.
 6. Everybody has these feelings; they are a part of life and are normal.
-



Additional Probe Questions

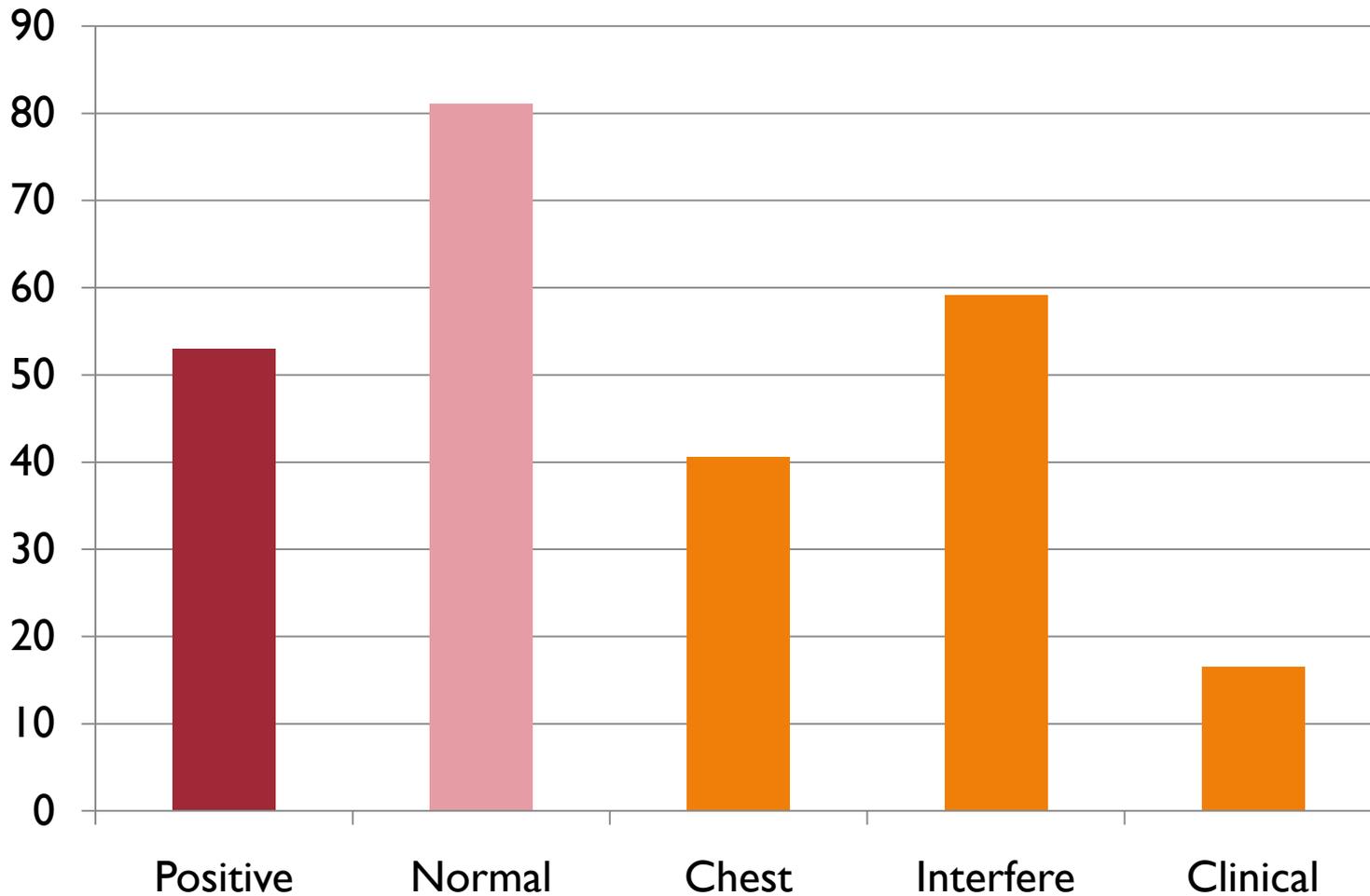
In-Scope, Valid Interpretations

1. **Chest Hurts:** Sometimes the feelings can be so intense that my chest hurts and I have trouble breathing.
2. **Interfere:** The feelings sometimes interfere with my life, and I wish that I did not have them
3. **Clinical:** I have been told by a medical professional that I have anxiety.

Out-of-Scope, Not Valid Interpretations

1. **Positive:** These are positive feelings that help me to accomplish goals and be productive.
2. **Normal:** Everybody has these feelings; they are a part of life and are normal.

Percentage of Reporting Anxiety Characteristics



Anxiety

	Kazakhstan	Cambodia	Sri Lanka	Maldives	Mongolia	Philippines
Out-of-Scope, Not Valid Interpretations						
Positive	50.3%	47.8%	12.6%	51.7%	82.5%	32.4%
Normal	81.5	71.3	75.4	86.7	85.7	81.2
In-Scope, Valid Interpretations						
Chest hurts	21.4	72.3	30.9	37.0	50.6	20.3
Interfere	52.2	65.0	85.4	54.8	72.8	33.5
Clinical	11.8	16.8	3.0	28.4	18.6	11.5

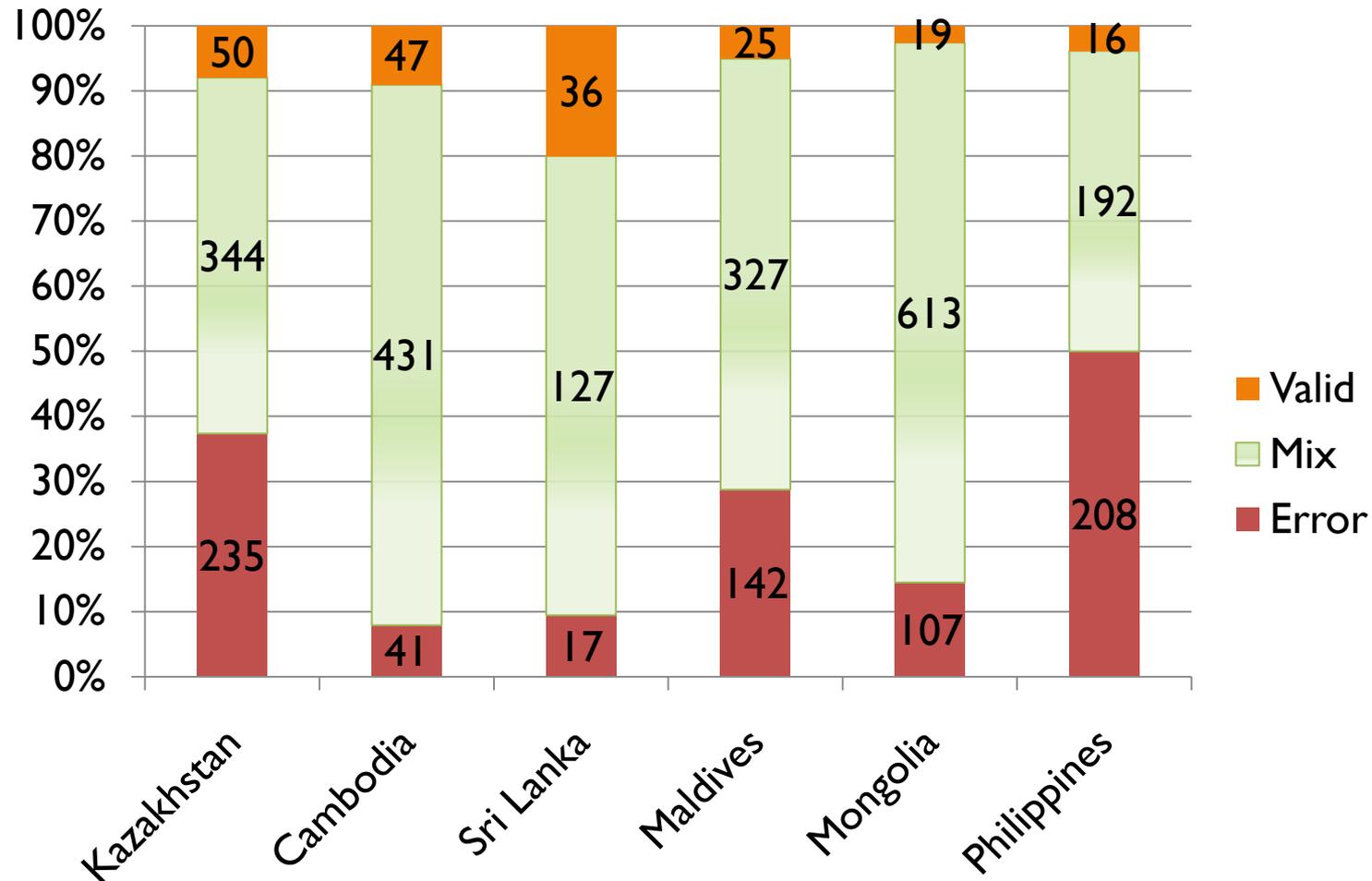
Note. Chi-square $p < .05$ for all rows in the table.

“Validity” Variable

for all countries



“Validity” by countries



Reports of Anxiety

by Country

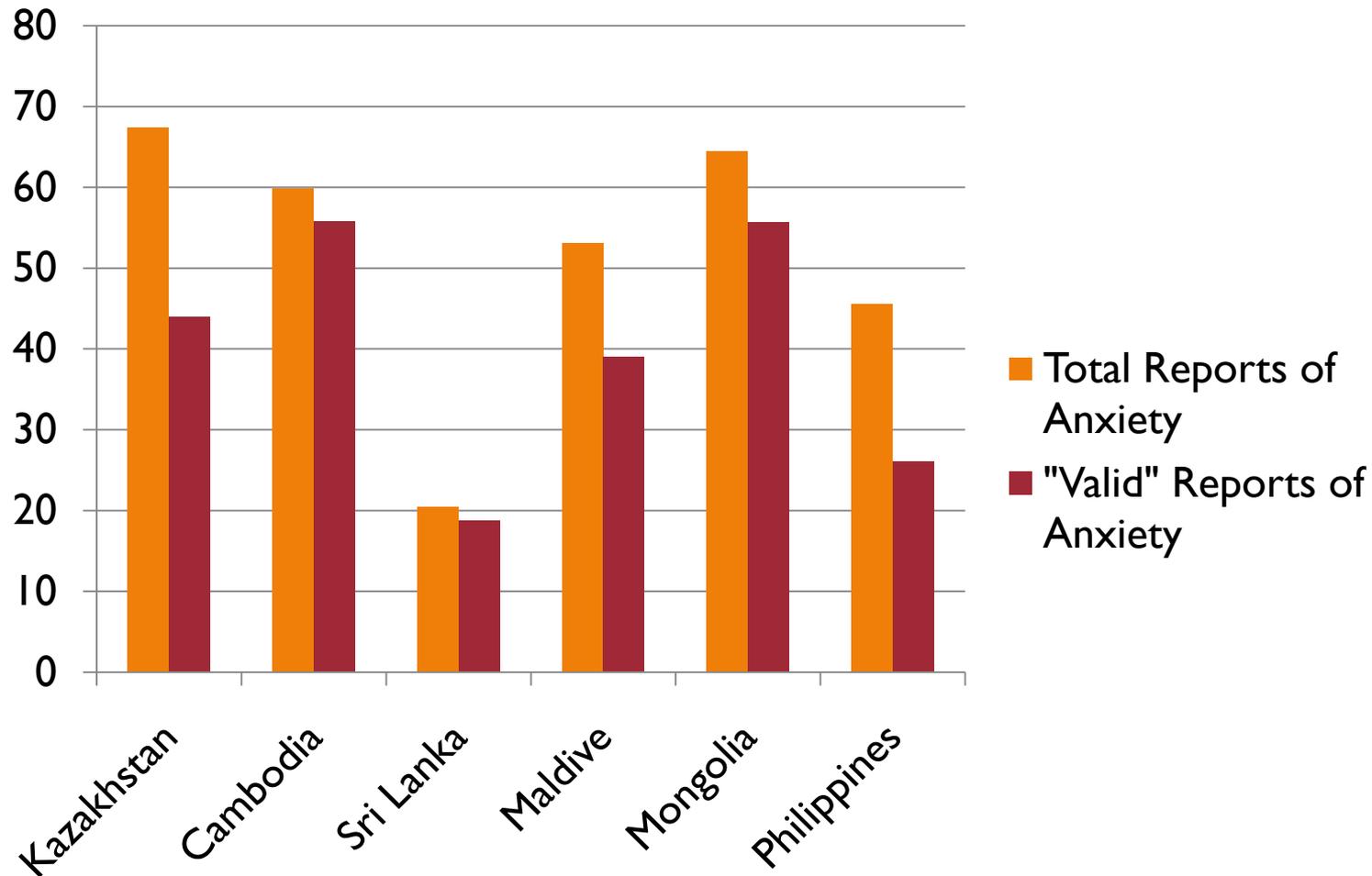


Table 1. Frequency of anxiety by country.

Depression: Frequency

Frequency	Kazakhstan	Cambodia	Sri Lanka	Maldives	Mongolia	Philippines	All Countries
Never	68.4%	46.6%	87.3%	58.3%	46.8%	62.7%	61.2%
Few times a year	22.2	26.9	6.8	22.3	27.4	23.9	21.8
Monthly	5.0	13.9	1.5	4.3	10.7	5.3	6.9
Weekly	2.5	5.9	0.7	7.4	10.2	5.6	5.6
Daily	1.5	6.7	2.8	7.1	4.8	2.3	4.2
Refused	0.0	0.0	0.1	0.1	0.0	0.0	0.0
Don't know	<u>0.4</u>	<u>0.1</u>	<u>0.8</u>	<u>0.4</u>	<u>0.1</u>	<u>0.3</u>	<u>0.3</u>
	100	100	100	100	100	100	100
N	(1000)	(1008)	(1000)	(1013)	(1222)	(1066)	(6309)



Depression: Intensity

	Kazakhstan	Cambodia	Sri Lanka	Maldives	Mongolia	Philippines	All Countries
A little	34.0%	66.7%	45.8%	32.9%	65.9%	71.8%	56.3%
Closer to a little	8.3	2.2	0.9	3.1	5.1	2.8	4.0
In between	22.1	15.6	11.0	13.7	6.8	6.8	12.1
Closer to a lot	7.7	1.5	0.9	0.5	5.9	1.3	3.2
A lot	26.9	13.8	39.8	48.9	15.9	16.6	23.8
Refused	0.3	0.0	0.0	0.0	0.0	0.5	0.1
Don't know	<u>0.6</u>	<u>0.2</u>	<u>1.7</u>	<u>1.0</u>	<u>0.6</u>	<u>0.3</u>	<u>0.6</u>
	100	100	100	100	100	100	100
N	(312)	(537)	(118)	(417)	(650)	(397)	(2431)

Chi-square = 420.45, 20 df, $p < .05$



Depression:

	A few times a year	Monthly	Weekly	Daily	DK/REF
A little	893	250	162	63	0
Closer to a little	58	19	13	5	0
In between	145	69	55	25	0
Closer to a lot	29	24	17	8	0
A lot	239	74	103	161	0
DK/REF	11	0	1	2	1

Note. Polychoric correlation = .38



Conclusion

- ▶ Frequency and Intensity appear to be 2 important concepts that tap into different aspects of affect
- ▶ Some overlap in constructs, but also tapping different phenomena
- ▶ Appears: Anxiety potential for more over-reports; Depression potential for more under-reports
- ▶ Concern about cultural comparability



Recommendation

- ▶ Keep the questions as they are
- ▶ More work to:
 - ▶ Understand cross-cultural differences
 - ▶ Determine appropriate cut-off points
 - ▶ Understand the error

