Women, Youth, Chronic Illness Sufferers at Risk for Anxiety

by KATE TURNER

Women, Young People, and Chronic Illness Sufferers at Greatest Risk for Anxiety, Study Shows

Women are nearly twice as likely to suffer from anxiety as men, new research out of the University of Cambridge has shown.

Researchers from the university's Institute of Public Health reviewed past studies from all around the globe, looking at the prevalence of anxiety disorders in various groups of people.

As well as the differences between genders, they found that regardless of gender people under 35 were more likely to have an anxiety disorder, as were people with other health conditions.

People with multiple sclerosis (MS) were affected the most, with 32 percent of patients reporting an anxiety disorder as well.

North America had the highest proportion of people with anxiety, with eight out of every 100 people affected.

These findings highlight the importance of proper self-care and treatment of anxiety in these at-risk groups.

If you have anxiety and are a part of one (or multiple) of these groups, it is crucial you work with your health care team to address and treat your anxiety head-on. You can do this by:

- Practicing self-care activities, such as yoga, meditation, or going for a walk.
- Regularly seeing a psychologist, therapist or counselor.

- Learning your triggers and working to avoid them.
- Considering medication or natural remedies.
- Getting regular exercise.

There is always support available, whether online or in people you trust. Anxiety does not need to control you!

With this new research, there is hope that marginalized groups and vulnerable people at risk will soon have access to more resources to help them with their mental health.