



**BACKGROUND** Similar to depression, anxiety is among the most common mental health issues in the aging population. The two conditions often go hand in hand, with almost half of older adults who are diagnosed with a major depression also meeting the criteria for anxiety. Anxiety is associated with a lack of social connections and a sense of perceiving an environment more threatening than it actually is. It also appears that more socially alienated populations have higher levels of anxiety. The prevalence of anxiety symptoms is estimated for around 20% of the U.S. older population.

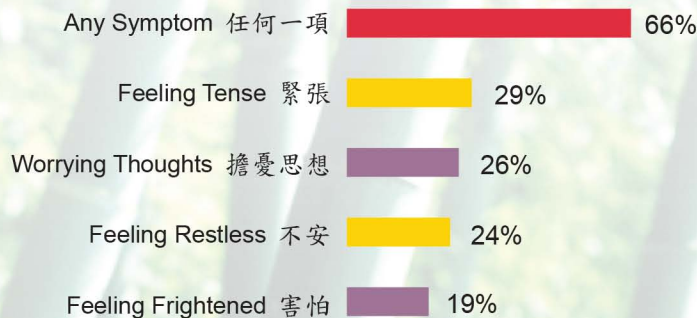
**STUDY RESULTS** Anxiety symptoms were present in 66% of Chinese older adults. The prevalence of feeling tense, worrying thoughts, restlessness, and feeling frightened were 29%, 26%, 24% and 19%, respectively.

**背景** 與抑鬱相似，焦慮也是老年人中常見的精神疾病。抑鬱與焦慮經常會同時出現，超過一半有抑鬱症的老年人都伴隨焦慮的症狀。焦慮與缺少社會交流以及對環境不適有關。與社會疏離的人群往往更可能得焦慮症。據統計全美有20%的老年人有焦慮症。

**研究結果** 66%的華裔老人有焦慮的症狀，其中感到緊張、擔憂、不安和害怕的比例依次為29%、26%、24%和19%。



## Anxiety 焦慮



“ Our life course naturally goes through birth, old age, illness and death. The key is whether we are happy or not. ”  
 – Study Participant

「生老病死是人生必經的過程，關鍵在於我們自己是否開開心心的過每一天。」 - 研究受訪者

**CONCLUSION** Anxiety is common in this population. However, research on the course and treatment lags well behind research on depression. It is believed that late life anxiety is underestimated. Dealing with anxiety involves improving prevention, treatment, as well as education and training. Stress management may be a critical component of preventing and minimizing anxiety in this immigrant community.

**結論** 焦慮在華裔老人中相對普遍。研究上對於焦慮的原因以及治療遠遠落後對於抑鬱症的了解。面對焦慮症需要提升預防，治療以及教育培訓的模式。如何緩解壓力是預防和減輕焦慮至關重要的一環。