

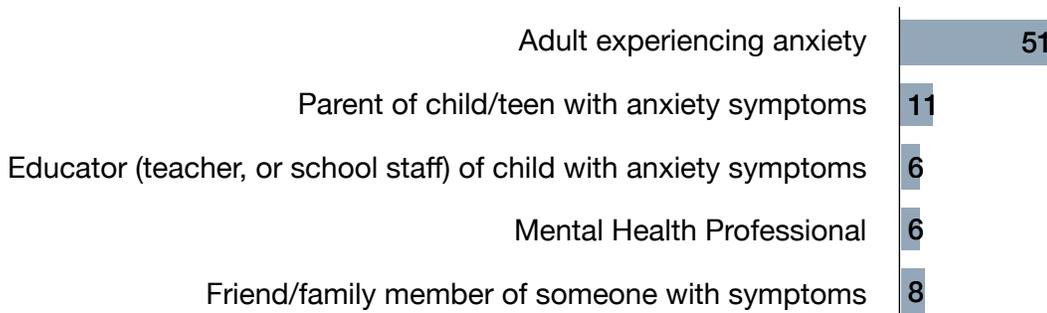
Research Survey

AnxietyBC web users over the age of 19 were invited to complete a survey. The purpose was to gather information about their experiences: why they are seeking information about anxiety, their confidence in seeking out treatment, and their basic knowledge about anxiety disorders. Here are the findings:

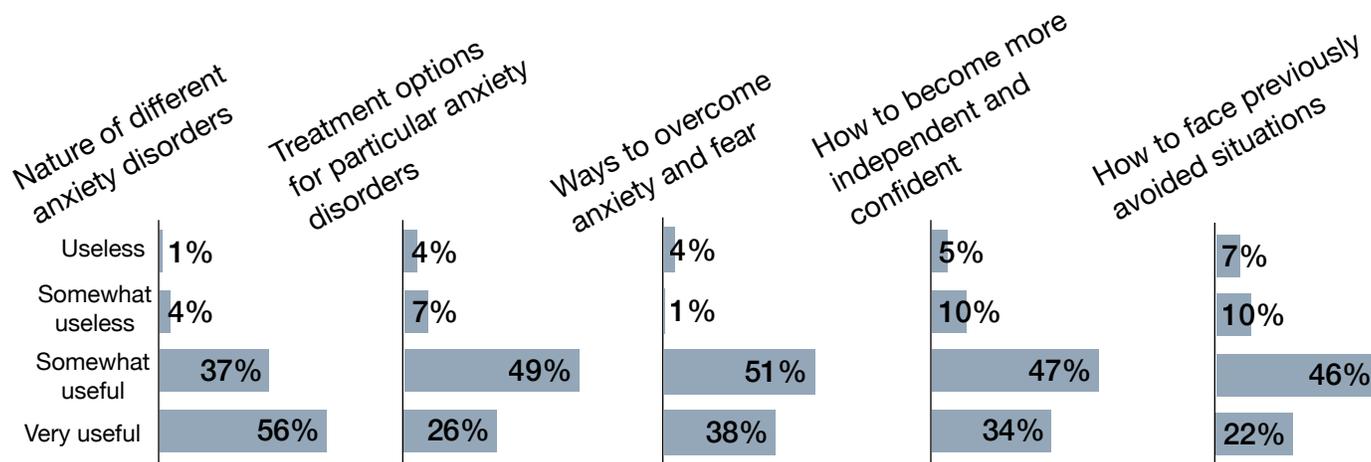


Who responded to the survey?

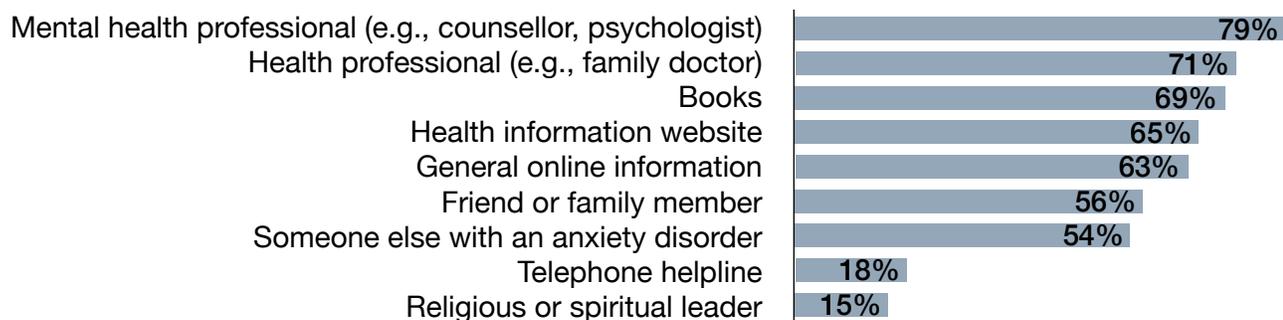
Roles of respondents (68 total)



How useful do respondents find different features of www.anxietyBC.com for learning about:

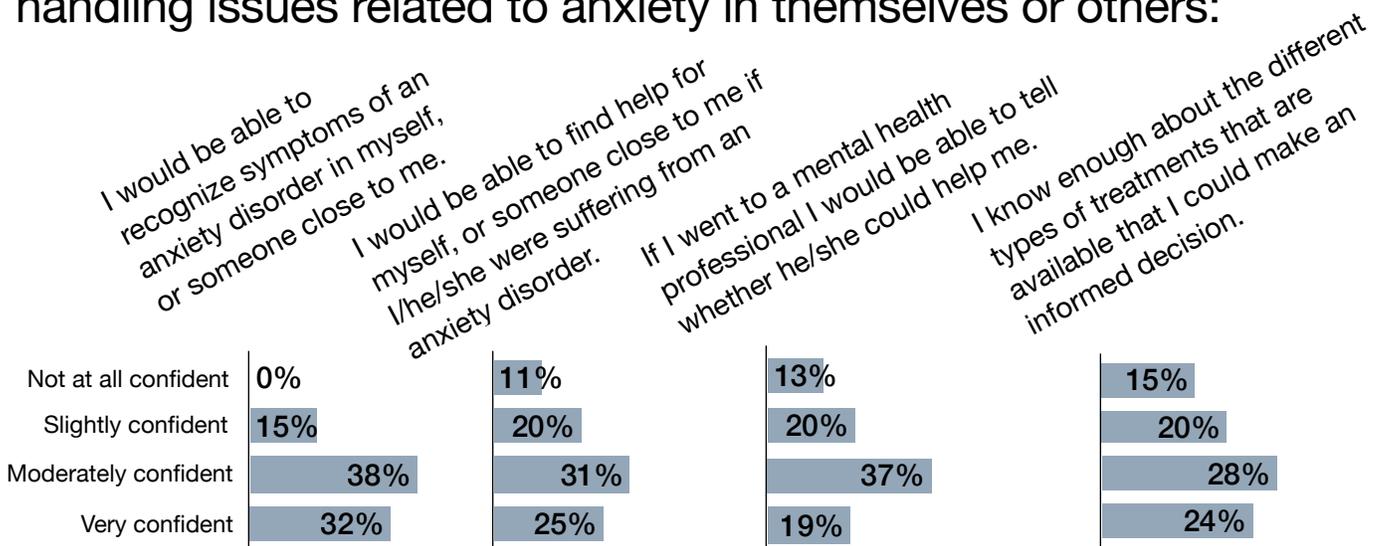


What other resources respondents sought out for information



Treatment seeking self-efficacy

Respondents were asked to rate how confident they would be in handling issues related to anxiety in themselves or others:



1 in 5 users were “not at all”, or only “slightly confident” in recognizing the symptoms of, seeking professional help for, or making an informed decision about treatment for anxiety disorders.

Anxiety literacy

Respondents were asked about their knowledge of the prevalence, risk factors, and effective treatments for anxiety disorders:

Prevalence

Over half (51%) of respondents were not aware that 1 in 4 people will experience an anxiety disorder in their lifetime.

Risk Factors

93% of respondents were aware that a family history of anxiety disorders is a risk factor for developing anxiety.

Treatment

Most respondents (74%) recognized that:

- practicing relaxation strategies
- recognizing and challenging anxious or worrisome thoughts
- medication (ie., antidepressants or benzodiazepines) can be effective in treating anxiety disorders.

However, **40% of respondents incorrectly believed** avoiding anxiety provoking situations could be helpful in anxiety disorder treatment.