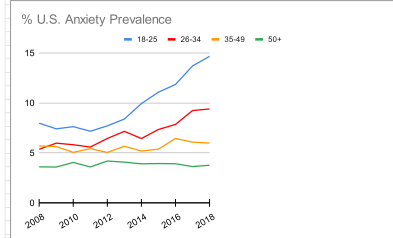


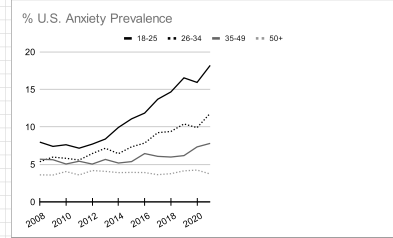
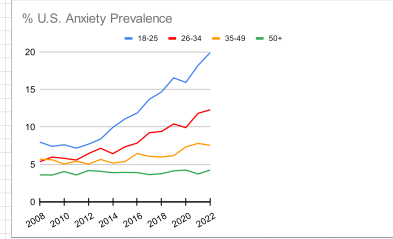
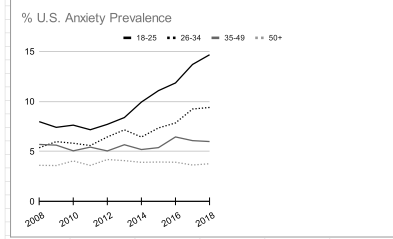
Supplementary Table 1. Prevalence of past-month anxiety by age from 2008 to 2018 (NSRFH 18 persons ages 18 years and older)

Anxiety was quantified using a self-report measure of past-month anxiety. This variable was assessed with the item, "how often did you feel nervous during the past 30 days" with five response options: all of the time, most of the time, some of the time, a little of the time, and none of the time. For these analyses, the five response options were recoded into two categories: no anxiety (i.e., none of the time)

Age	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
18-25	7.97	7.4	7.62	7.16	7.7	8.38	9.93	11.07	11.84	13.69	14.66	16.54	15.93	18.2	19.9
26-34	5.36	5.97	5.81	5.58	6.44	7.15	6.43	7.34	7.84	9.23	9.39	10.39	9.9	11.81	12.28
35-49	5.69	5.62	5.05	5.42	5.04	5.66	5.18	5.37	6.44	6.07	5.98	6.17	7.33	7.8	7.54
50+	3.6	3.58	4.04	3.59	4.18	4.07	3.9	3.93	3.91	3.63	3.76	4.14	4.24	3.72	4.24



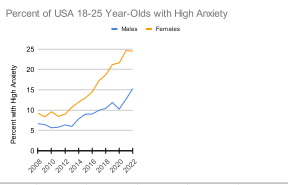
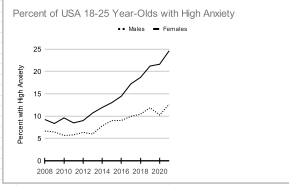
Age	2010	2022	% Change
18-25	7.6	19.9	161.1548556
26-34	5.81	12.28	111.3697246
35-49	5.05	7.54	49.30693069
50+	4.04	4.24	4.95049505



Anxiety by Sex, NSDUH 2008-2022

Anxiety was quantified using a self-report measure of past-month anxiety. This variable was assessed with the item "how often did you feel nervous during the past 30 days" with five response options: all of the time, most of the time, some of the time, a little of the time, and none of the time. For these analyses, the five response options were recoded into one category: high anxiety (i.e., most of the time, all of the time). Only participants ages 18 were asked this question. Weight: person-level analysis weight (ANALWT_C). This weight is designed to adjust for a range of factors including how likely a person was to be selected for the survey (some people might have a higher chance of being selected than others due to the survey design), and the rate of nonresponse (people who were selected for the survey but did not participate or complete it). Each weight component, or factor, within the person-level analysis weight corrects for a specific

Age Group	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Males	6.66	6.45	5.66	5.8	6.36	5.99	7.82	8.99	9.03	9.95	10.43	11.88	10.25	12.66	15.3
Females	9.24	8.35	9.6	8.45	9	10.7	11.94	13.02	14.47	17.24	18.67	21.22	21.62	24.64	24.5



	2010	2022	% Change
Males	6.66	15.3	170.32%
Females	9.6	24.5	155.21%

Feeling Nervous "Most of The Time" or "All of The Time" in Past Month (USA 18-25 Year-Olds)

potentially wrong

Anxiety by Sex, NESDUH 2008-2021

18 to 25 years old

	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Age														
Males (Weighted)	1182410	1085228	978305	966010	1182942	1044891	1170158	1576312	1566882	1710488	1781239	2087911	1718811	2027941
Weighted %	35.7%	33.9%	31.2%	31.1%	36.1%	31.5%	36.1%	48.4%	48.2%	51.4%	52.4%	60.4%	51.4%	62.2%
Females (Weighted)	1312288	1387798	1611108	1611668	1331788	1644814	2077228	2071718	2481288	2448718	2368718	3017811	3681288	3718711
Weighted %	41.4%	42.5%	48.8%	48.9%	33.9%	48.5%	48.3%	48.3%	51.8%	48.6%	47.6%	39.6%	48.6%	37.8%

High Anxiety

High anxiety (i.e., most of the time, all of the time)

Anxiety was quantified using a self-report measure of past-month anxiety. This variable was assessed with the item "how often did you feel nervous during the past 30 days" with five response options: all of the time, most of the time, some of the time, a little of the time, and none of the time. For these analyses, the five response options were recoded into two categories: no anxiety (i.e., none of the time, a little of the time, some of the time) and high anxiety (i.e., most of the time, all of the time).

Weight: person-level analysis weight (ANALWT_C). This weight is designed to adjust for a range of factors including how likely a person was to be selected for the survey (some people might have a higher chance of being selected than others due to the survey design), and the rate of nonresponse (people who were selected for the survey but did not participate or complete it). Each weight component, or factor, within the person-level analysis weight corrects