The prevalence of internalizing disorders, symptoms, and neuroticism across age and sex

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Epidemiology of internalizing disorders - open questions:

1. Prevalence of internalizing disorders decreases across age, but how exactly?

2. Women report more internalizing disorders than men (~1.7x), but is this true over the entire life-span?

3. Are there differences in development across age for internalizing disorders, symptoms, and neuroticism?

Methods

146,315 Lifelines participants aged 18-80 years

Cross-sectional data (one time point)

Current internalizing disorders (MINI)

Negative affect (PANAS)

Neuroticism (NEO)

Generalized additive models

www.lifelines.nl

Results 1: Development across age
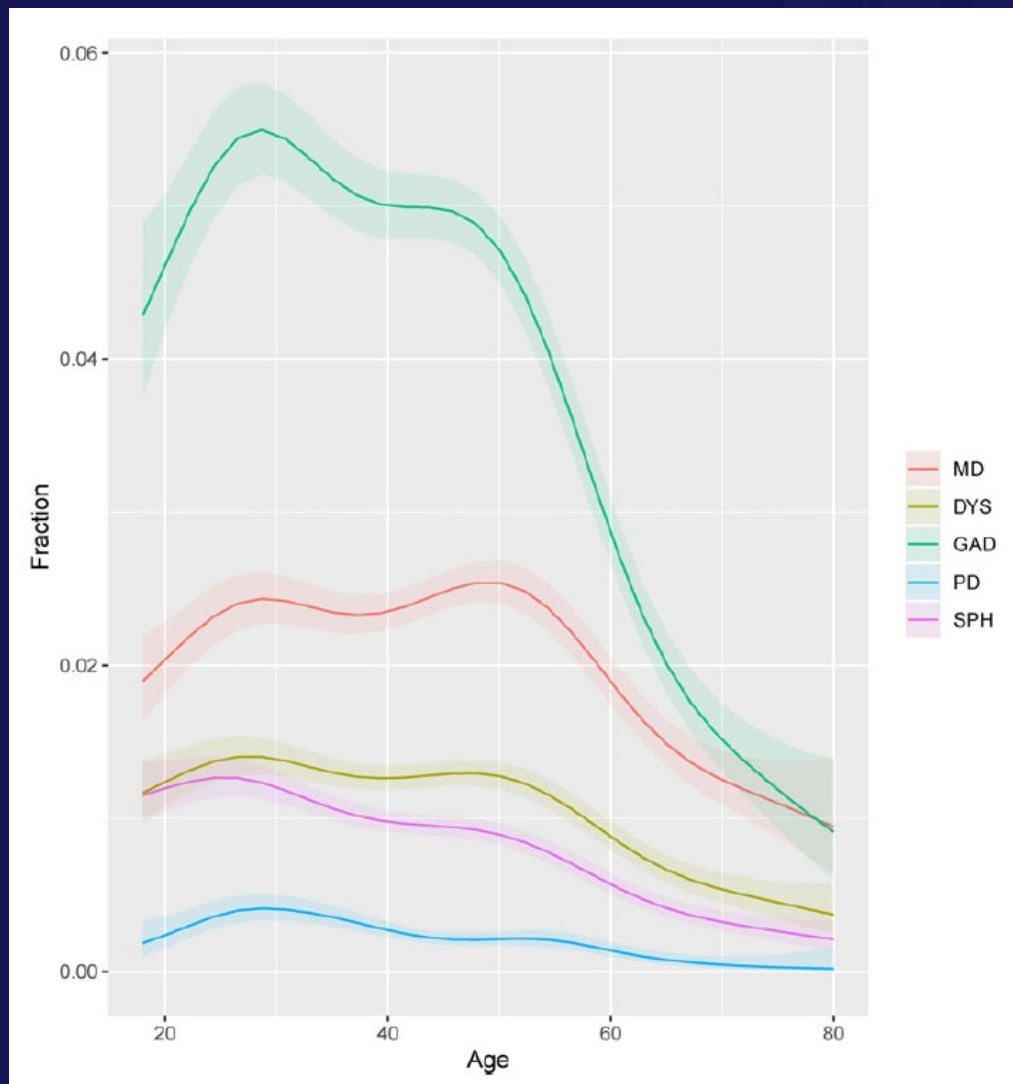
Sex and age weighted point prevalence:

GAD: 3.7%

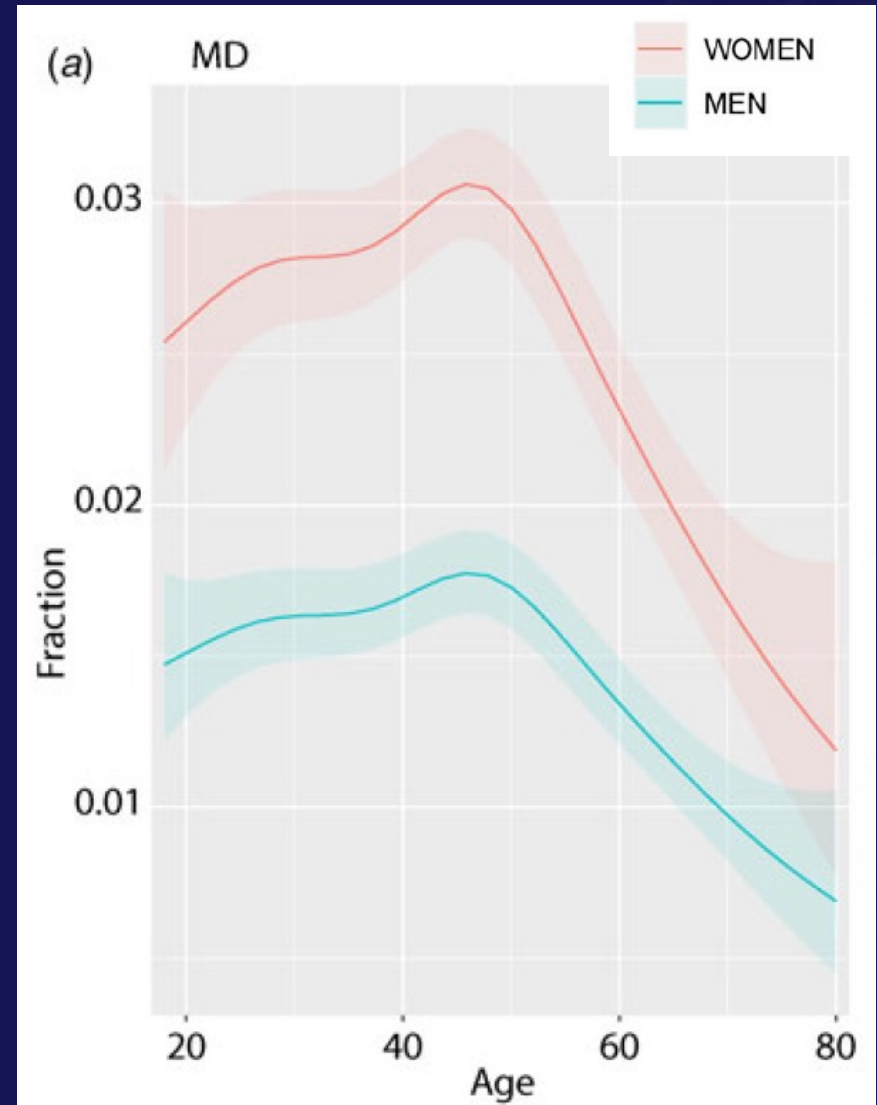MD: 2.0%

DYS: 1.0%

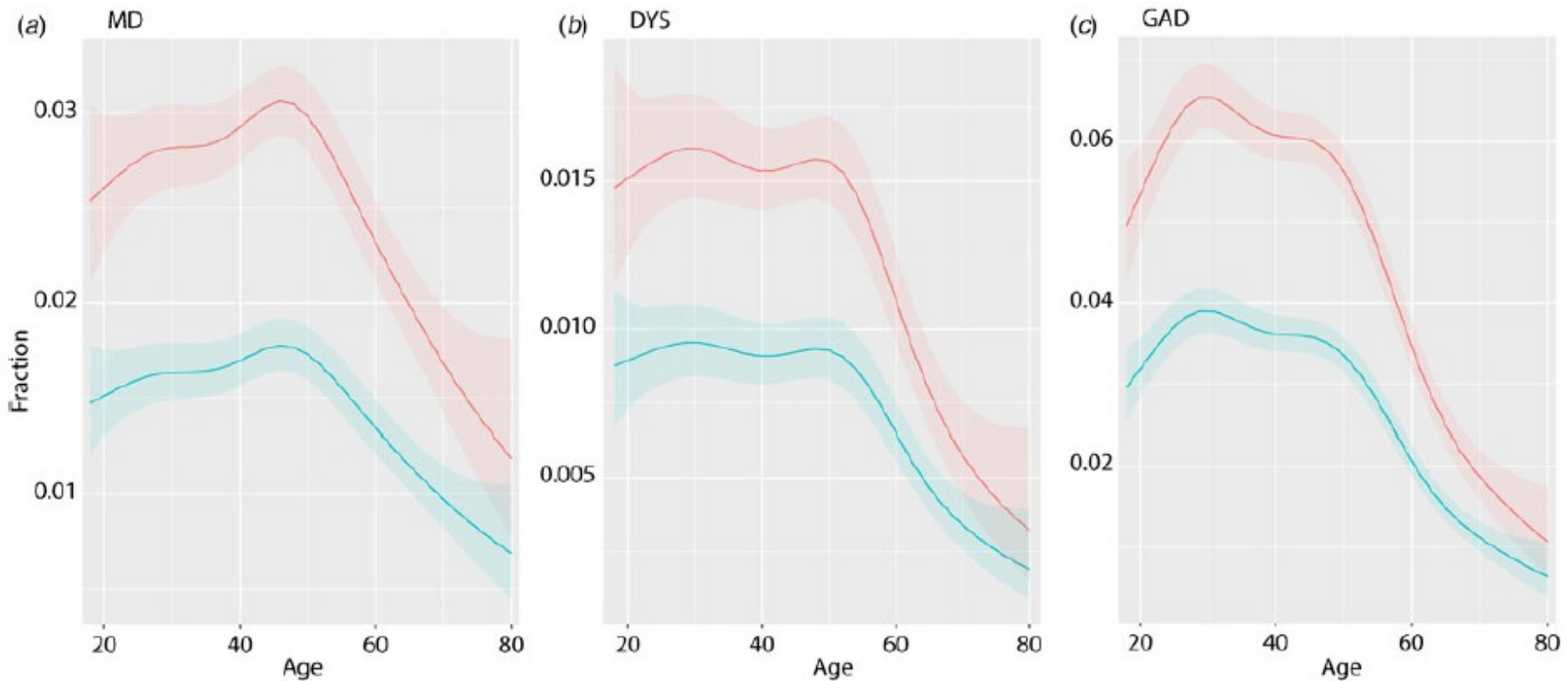SPH: 0.8%

PD: 0.2%

Results 2: Gender gap across age

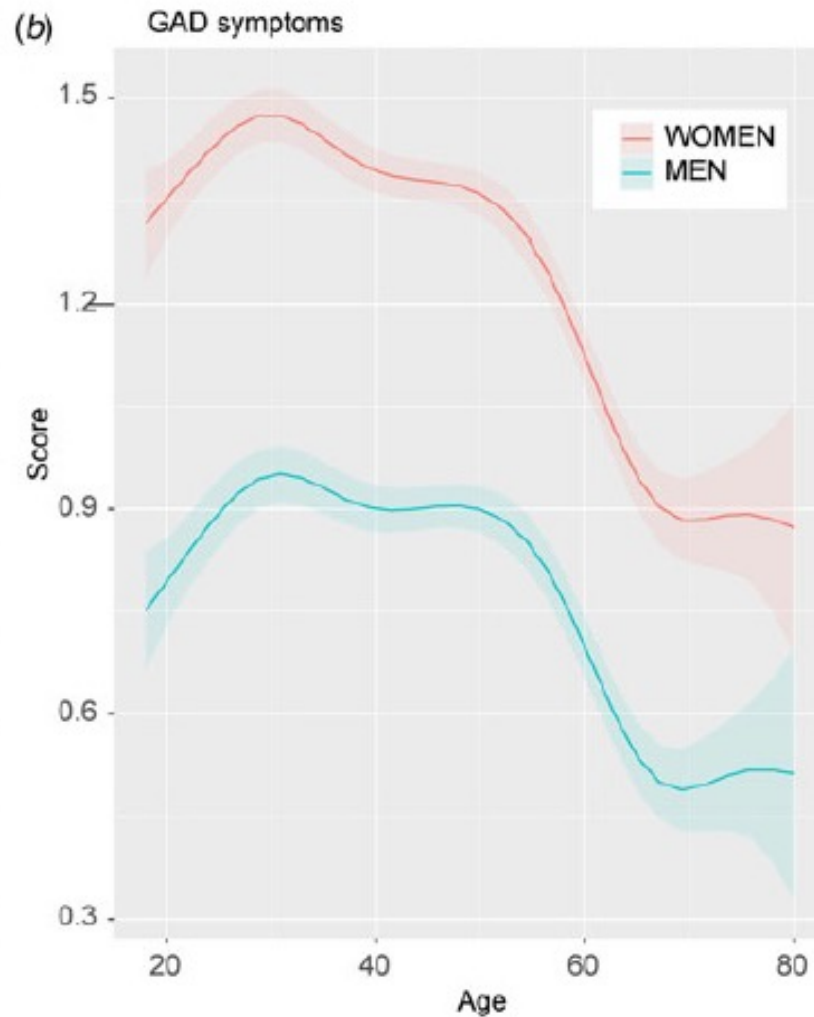Relative risk remains remarkably similar (~1.7)
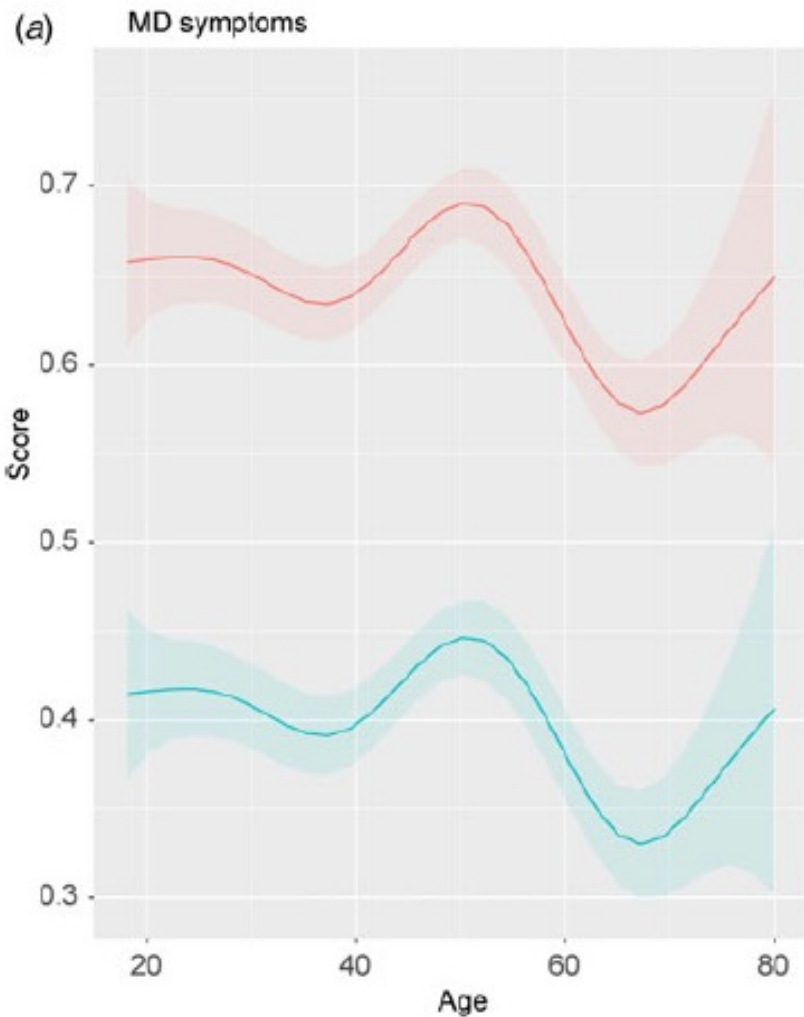
Perimenopausal effect not visible

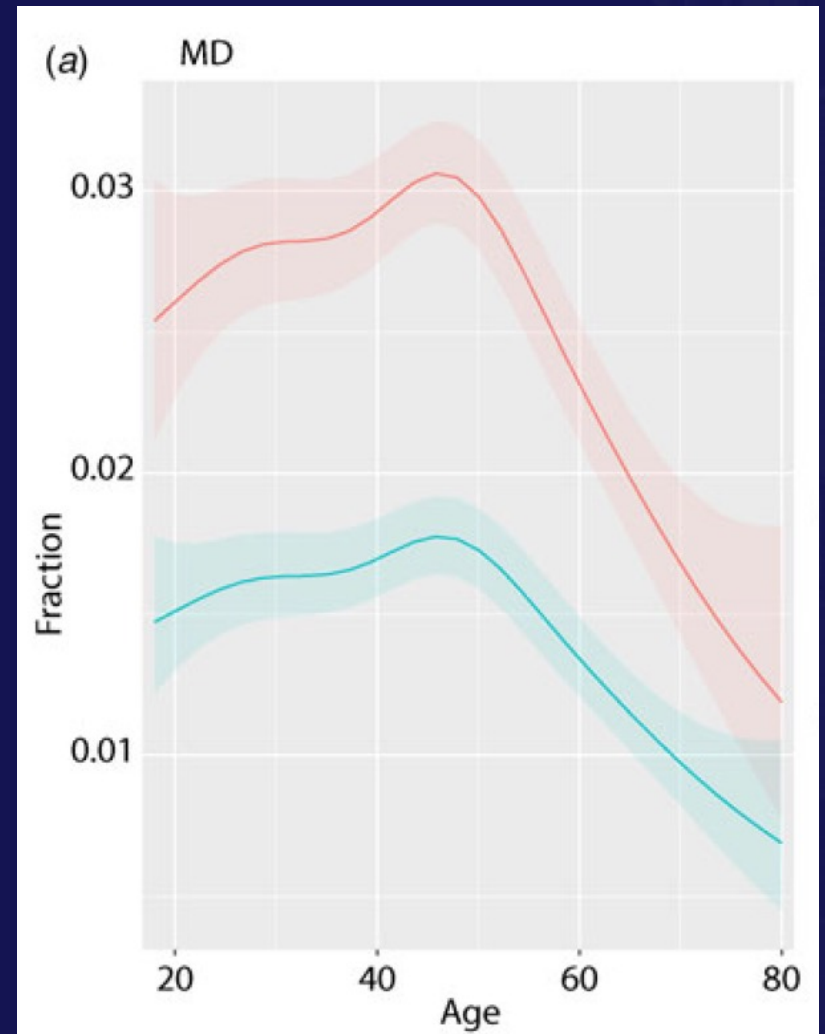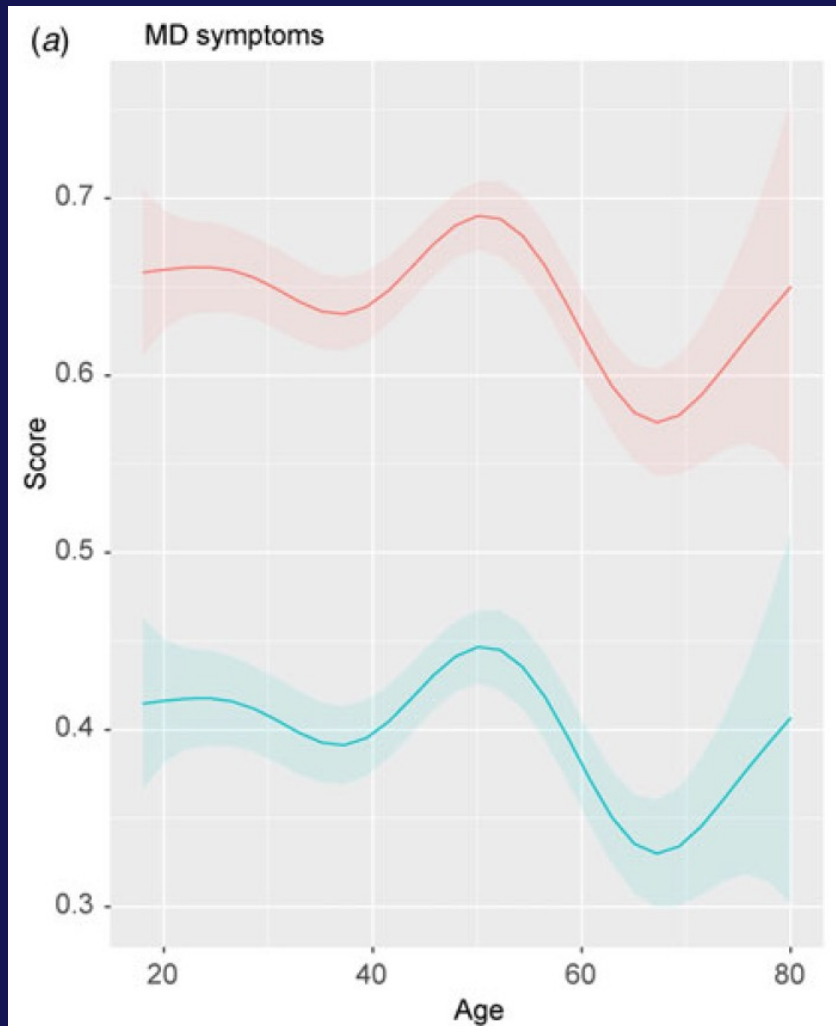# Also a constant gender gap in the other internalizing disorders

Results 3. Depressive and anxiety symptoms show a different pattern

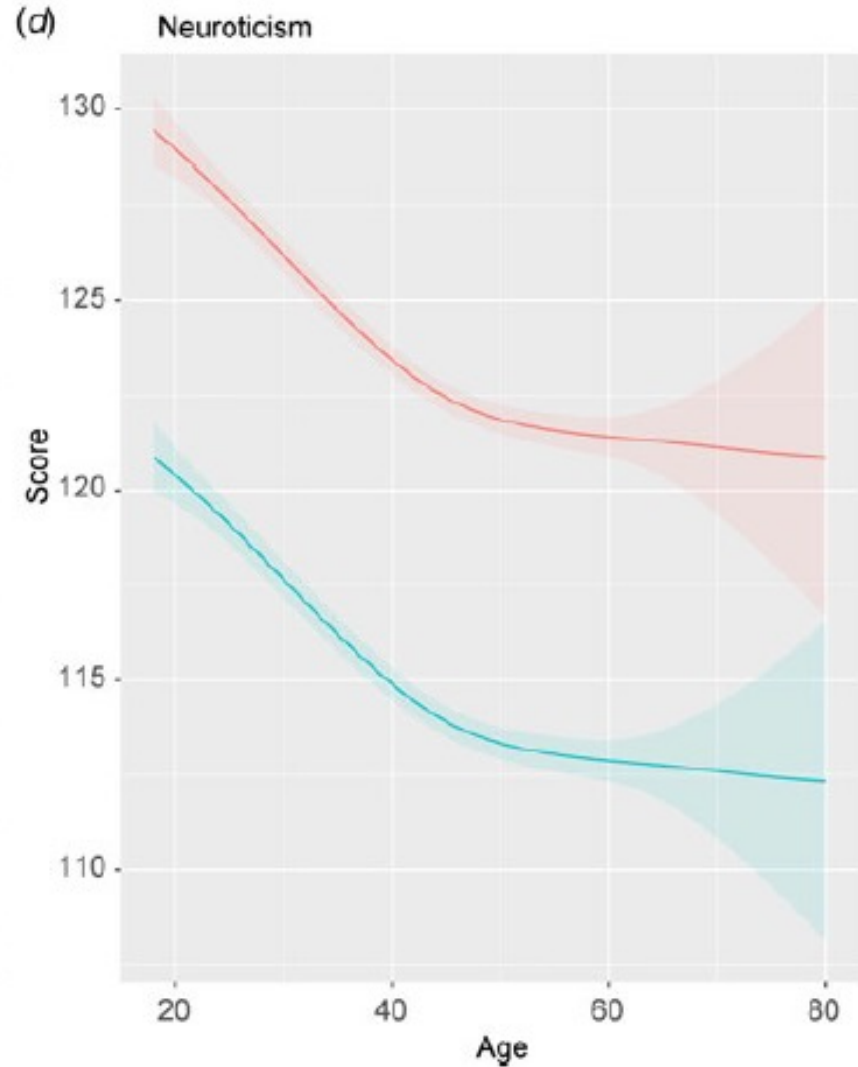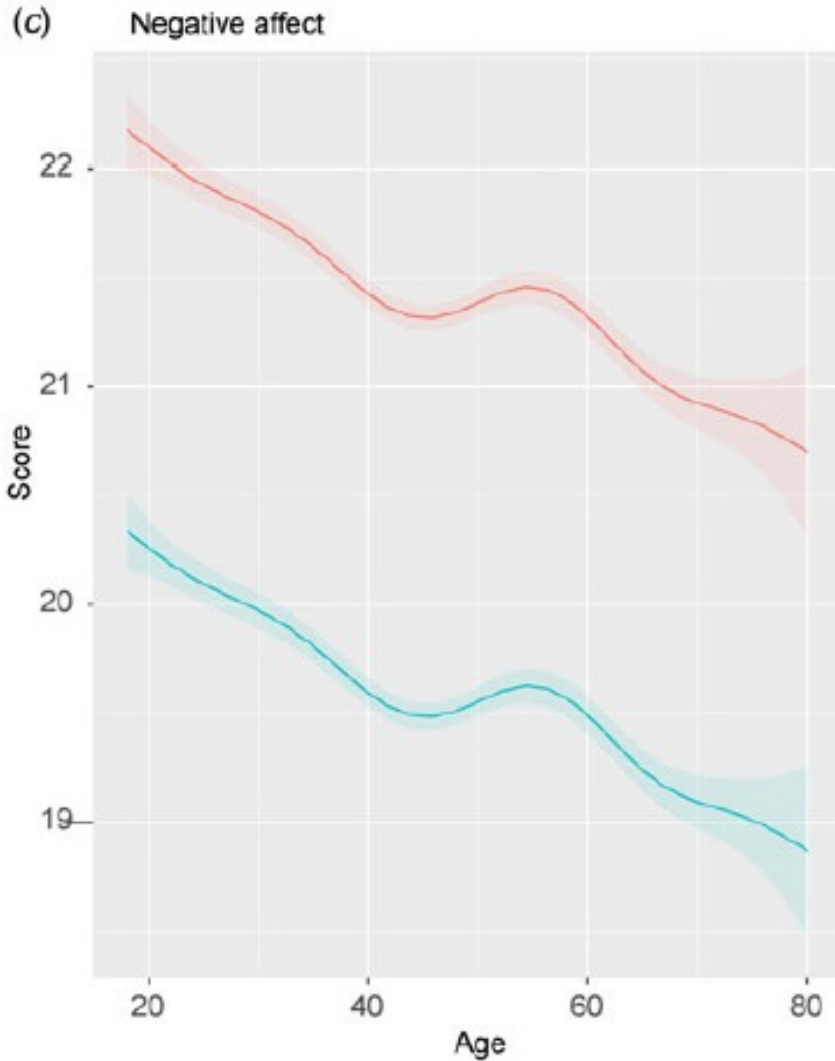University Medical Center Groningen

Depressive symptoms vs major depression:

Negative affect and neuroticism – the older the better?

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Conclusions

1. Point prevalence of internalizing disorders highest between age 30-50 years

2. Relative risk (prevalence women/prevalence men):

~ 1.7 for MD, GAD, PD and DYS;

~ 1.2 for SPH

does not change across age

3. Depressive and anxiety symptoms, negative affect and neuroticism show a different pattern across age

Future studies

- Age – period – cohort effects?

- Why do we see changing prevalence rates across age?

- Why sex differences?

- Relation between neuroticism – depression across age

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Thank you!
Questions or remarks: h.van.loo@umcg.nl

Prevalence of internalizing disorders, symptoms, and traits across age using advanced nonlinear models

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