



Studying Anxiety among Masculinity and Femininity in Bangalore

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ABSTRACT:

This study investigates the frequency and manifestation of General Anxiety Disorder (GAD) across the developmental continuum, focusing on individuals from male female spanning from adolescence to middle adulthood in Bangalore, India. The limited research on 120 individuals has comprehensively examined its manifestation amid diverse age categories within the Indian context, particularly in a rapidly developing urban landscape like Bangalore. Using the General Anxiety Disorder-7 (GAD-7) scale, this research aims to gauge the gravity of anxiety indications and their variations among individuals transitioning from teenage years to middle adulthood.

The study population will consist of a diverse sample of individuals aged between 13 to 45 years, recruited from educational institutions, workplaces, and community settings across Bangalore. Participants will be assessed for symptoms of GAD.

Keywords: Developmental transitions, prevalence, GAD- 7 scale, cognitive health

I. Introduction:

Generalized Anxiety Disorder (GAD) is a common mental health condition characterized by persistent and excessive worry about various events or activities for at least six months. According to DSM-5, it's one of the most prevalent anxiety disorders, with an estimated lifetime prevalence of 5.7%. People with GAD often experience physical symptoms, leading to frequent visits to primary care and reduced work productivity. GAD is also associated with an increased risk of developing other anxiety disorders and alcohol-related problems, further affecting daily life.

To assess GAD symptom severity, the Generalized Anxiety Disorder Scale-7 (GAD-7) was created as a brief questionnaire. Originally designed for primary care use, it consists of seven items and has demonstrated reliability and validity. A score of 10 is considered optimal for identifying likely cases of GAD, with high sensitivity (89%) and specificity (82%). However, recent studies have raised concerns about its effectiveness as a screening tool in certain clinical situations. For example, in patients with diverse symptoms and high diagnostic overlap, the GAD-7 showed good sensitivity but poor specificity. This disparity implies that while the GAD-7 may accurately identify generalized anxiety symptoms, it may not effectively differentiate GAD from other emotional disorders in some cases.

Despite its widespread use in clinical practice, the psychometric traits of the GAD-7 have not been extensively explored in outpatient samples consisting of individuals with anxiety and mood disorders. Given the significance of accurately assessing and monitoring anxiety symptoms in clinical settings, particularly in outpatient contexts where anxiety disorders are commonly treated, further investigation into reliability and authenticity GAD-7 in diverse patient populations is warranted. Such observations can offer valuable perspectives the utility of the GAD-7 as a screening and severity assessment tool in outpatient settings, ultimately enhancing the standard of care for individuals with GAD and related emotional disorders

II. Review of Literature:

Khan et al. Anxious conditions are prevalent, frequently untreated in primary care. A study in 15 U.S. clinics found 19.5% of patients had at the very minimum anxiety disorder. GAD-7 and GAD-2 scales show promise for screening. Early detection and intervention are crucial [Khan, 2021]

Kroenke et al. This study assessed GAD among nursing staff in Punjab, Pakistan during the COVID-19 pandemic using the GAD-7 scale. Results showed that 19.6% had moderate to severe anxiety, with 49.6% experiencing mild anxiety. Factors influencing GAD-7 scores included being female, older age, and less job experience. Common stressors included fear of COVID-19 transmission and uncertainty about its consequences in Pakistan. [Kroenke, 2007]

Bolgeo et al. This study examined the GAD-7 scale's psychometric properties in Italian coronary heart disease (CHD) patients, finding it valid and reliable. Factorial and construct validity were confirmed, and measurement invariance across gender and age was established. The GAD-7 is deemed suitable for assessing anxiety in CHD patients, allowing meaningful comparisons across different demographic groups. [Bolgeo, 2023]

Plummer et al. This systematic review evaluated the accuracy of the GAD-7 and GAD-2 questionnaires for identifying anxiety disorders. Pooled estimates showed acceptable sensitivity and specificity for both GAD-7 (cutoff 7-10) and GAD-2 (cutoff 3) in identifying GAD. Further validation studies are recommended. [Plummer, 2016]

Villarreal-Zegarra et al. GAD-7 Validation in Peru: Aimed to evaluate GAD-7 psychometric properties in Peru. One-factor model showed good fit. Measurement invariance between genders and age groups. Recommended GAD-7 for Peruvian population. [Villarreal-Zegarra, 2024]

Spitzer et al. Development of GAD-7 as Screening Tool: Developed a 7-item anxiety scale (GAD-7) with intensive reliability and validity. Identified ideal threshold for screening GAD. Showed associations between GAD symptoms and functional impairment. [Spitzer, 2006]

Victor Mbanuzuru et al. Prevalence of Anxiety Disorders in Adolescents: Investigated anxiety disorder frequency among urban and rural in-school adolescents in Anambra State. Found higher prevalence in urban areas and among females. Recommended screening for anxiety disorders in adolescents. [Victor Mbanuzuru, 2023]

Saunders et al. Measurement Invariance of GAD-7 and PHQ-9: Assessed measurement invariance across genders in individuals seeking psychological treatment. Found evidence of invariance, supporting use in clinical practice. [Saunders, 2023]

Vrublevska et al. Validation of GAD-7 and GAD-2 in Latvia: Validated GAD-7 and GAD-2 in Latvian and Russian languages. Established threshold scores for identifying GAD. Recommended for primary healthcare contexts in Latvia. [Vrublevska, 2022]

Shah et al. SWEMWBS as Outcome Measure in CMD Treatment: Assessed SWEMWBS as outcome measure for CMD treatment. Found SWEMWBS acceptable in the context construct validity and sensitivity to change. [Shah, 2021]

Hinz et al. Psychometric Properties of GAD-7 in Germany: Examined psychometric properties of GAD-7 in a German community sample. Found GAD-7 suitable for clinical investigation and routine use. [Hinz, 2017]

Lin et al. Emotional Assessment in Cardiology Outpatient Department: Investigated emotional assessment in Chinese outpatient cases presenting typical chest pain. GAD-7 and PHQ-9 detected more emotional disorders compared to other scales. [Lin, 2021]

Ai et al. Prevalence of GAD in women who have undergone menopause with POP: Determined prevalence of GAD in postmenopausal women experiencing pelvic organ prolapse (POP). Associated GAD with higher pelvic floor distress [Ai, 2018]

Manzar et al. Psychometric Validation of GAD-7 in Ethiopian Young Adults: Validated GAD-7 in Ethiopian young adults using categorical data methods. Found GAD-7 psychometrically valid in this population. [Manzar, 2021]

Aljurbua et al. Prevalence of Anxiety in the Saudi Arabian Population: Investigated prevalence of anxiety in the Saudi Arabian general population. Found high occurrence in anxiety, particularly among young people and those with chronic conditions. [Aljurbua, 2021]

Vinogradova et al. Prevalence of Anxiety Symptoms in Latvian General Population: Examined prevalence of anxiety symptoms in Latvian general population. Found significant prevalence of anxiety symptoms, particularly among younger individuals and those with lower education levels. [Vinogradova, 2019-2020]

Simpson et al. GAD-7 as Screening Tool for GAD in Perinatal Women: Evaluated GAD-7 as screening tool for GAD in pregnant and postpartum women. Found GAD-7 clinically useful for detecting GAD in perinatal women. [Simpson, 2014]

Simoen et al. Depression and Anxiety in Patients with Orofacial Pain: Compared depression and anxiety levels in patients with orofacial pain to general population. Found higher levels of depression and anxiety in patients with orofacial pain. [Simoen, 2020]

Taha et al. Mental Health Outcomes of Yazidi Women in Captivity: Examined mental health outcomes of Yazidi women in captivity. Found significantly higher rates of distress and trauma-related symptoms among formerly enslaved women. [Taha, 2020]

Pranckeviciene et al. Psychometric Properties of PHQ-9 and GAD-7 in Lithuanian University Students: Evaluated psychometric properties of PHQ-9 and GAD-7 in Lithuanian university students. Found limitations in clinical utility as diagnostic tools for depressive and anxiety disorders in students. [Pranckeviciene, 2022]

III. Methodology:

1. Objectives:

To analyze the level of anxiety between masculine and feminine across developmental transitions

2. Hypothesis:

H0- There is no substantial divergence in the level of anxiety between gentlemen and ladies.

H1- There is a significant difference in the level of anxiety between masculine and feminine

3. Variables:

Dependent Variable: Anxiety

Independent Variable: Gender, traumas

Extraneous Variable: Cultural background

4. Criteria:

Inclusion: Male, female, and developmental transitions

Exclusion: Third gender, socio-economic status

5. Sample:

Sample Size: 120 Individuals

Sampling Technique: Convenience sampling technique

6. Tools of Study:

General Anxiety Disorder- 7 Questionnaire

7. Administration:

Introduction and Explanation.

Informed Consent and Instructions.
 Scoring and time frame and providing the GAD- 7 form.
 Answering the items and Answer Clarification.
 Completion and Collection

Table:

t-Test: Two-Sample Assuming Unequal Variances

	4	0
Mean	8.322034	9.661016949
Variance	12.84278	15.02104033
Observations	59	59
Hypothesized Mean Difference	0	
df	115	
t Stat	-1.94841	
P(T<=t) one-tail	0.026901	
t Critical one-tail	1.658212	
P(T<=t) two-tail	0.053802	
t Critical two-tail	1.980808	

IV. Results and Discussions:

Results:

The analysis from the t-test enumerates a noteworthy distinction in anxiety levels among individuals exhibiting elevation levels among masculine and those demonstrating high levels of femininity. Specifically, individuals with elevated femininity scores (mean = 9.66, standard deviation = 15.02) displayed heightened anxiety levels compared to their counterparts with high masculinity scores (mean = 8.32, standard deviation = 12.84), with a t-value of -1.95 and a significance level of $p = 0.027$

Discussions:

These findings suggest a correlation between gender identity and anxiety levels, indicating that inhabitants recognizing more intensively with femininity traits tend to experience greater anxiety contrasted with those embracing more masculine attributes. This research aligns with previous findings suggesting that societal expectations and stereotypes linked to femininity, such as emotional sensitivity and vulnerability, potentially influences heightened anxiety levels.

In addition, these results underscore the relevance of considering the interplay between gender identity and Psychological well-being results. Understanding how societal norms and expectations impact individuals' anxiety experiences can intimate the growth of targeted interventions and support mechanisms tailored to diverse gender identities

V. Conclusions:

This study emphasizes the imperative for extended research instilled in sophisticated correlation between gender identity and cognitive wellness, particularly anxiety. Addressing societal pressures and stereotypes changed with masculine and femininity may prove essential in devising effective interventions aimed at alleviating anxiety levels and enhancing overall well-being across various gender identities

VI. Scope of Study:

Emphasized the requirement for extended exploration on the GAD-7's performance in diverse clinical samples and settings to enhance its utility and effectiveness. Recommendations for exploring the GAD-7's validity and reliability in outpatient samples with anxiety and mood disorders

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