

# Trajectories of subthreshold anxiety in the general population, a three-year follow-up

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## Introduction

Early intervention strategies may be beneficial for people at risk for remaining subthreshold anxiety or people at risk for deteriorating into an anxiety disorder to reduce functional limitations, high disease burden and costs.

**Aim:** To assess the course of subthreshold anxiety in the general population at three years follow-up and identify risk indicators for course.

## Results: Course and Risk Indicators

### Baseline

Nemesis population with subthreshold anxiety, but without anxiety disorder  
N=521

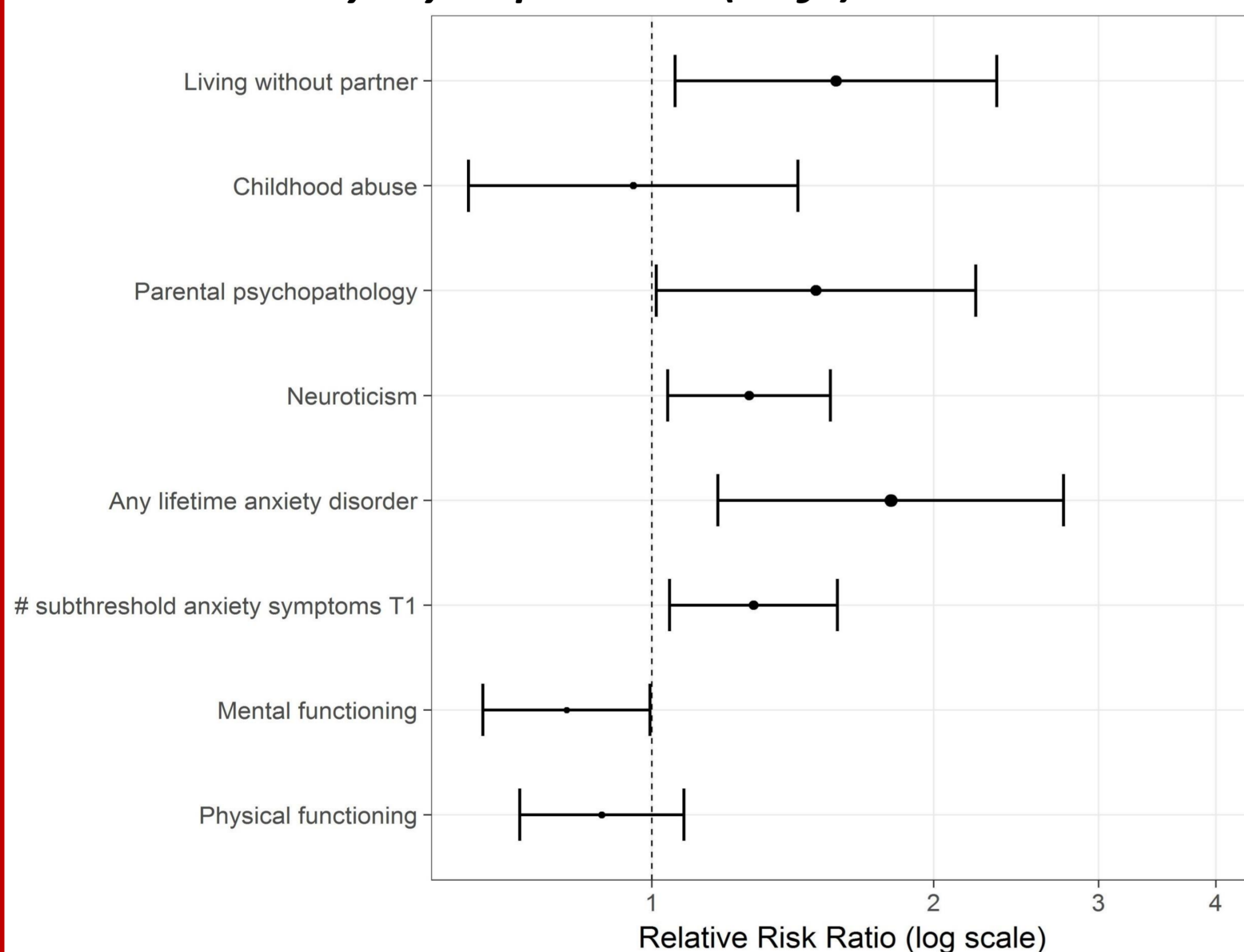
### 3-years follow-up

No longer subthreshold anxiety, N=311 (57.2%)

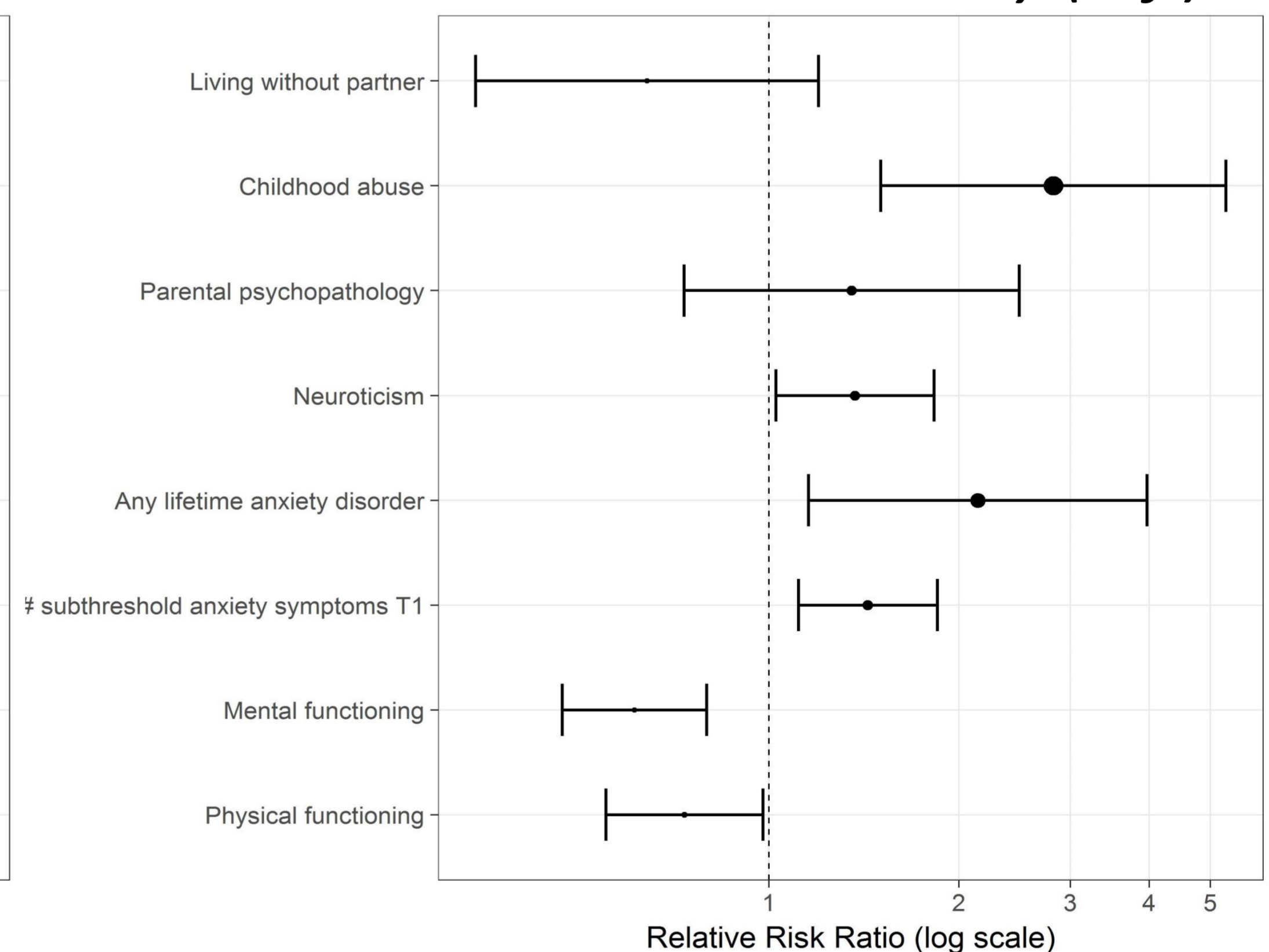
Remaining subthreshold anxiety, N=152 (29.0%)

Developed anxiety disorder, N=58 (13.8%)

### Subthreshold anxiety vs. No anxiety symptoms (ref.)



### Anxiety disorder vs. Subthreshold anxiety (ref.)



## Conclusion

Subthreshold anxiety is not self-limiting: after 3 years over 40% still experiences symptoms and nearly 14% deteriorated into an anxiety disorder. Early intervention is indicated in those at risk, i.e. those with lifetime anxiety disorder, more subthreshold symptoms, higher neuroticism and lower mental functioning scores.

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