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## 22.18 Self-reported anxiety

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Self-reported anxiety	Health and Wellbeing
<b>Description and justification</b>	An indicator of the level of anxiety experienced by participants based on a validated questionnaire. An accumulating body of evidence has demonstrated a protective association between green space exposure and mood disorders including anxiety disorders. However, evidence from natural experiments is lacking.
<b>Definition</b>	Self-reported anxiety score on a scale from 0 to 3 and by category (mild, moderate, or severe anxiety)

<b>Strengths and weaknesses</b>	A strength of this indicator is that it is obtained by using a validated and widely used questionnaire to assess anxiety. A limitation is that the indicator is self-reported, and participants may misreport their actual anxiety symptoms.
<b>Measurement procedure and tool</b>	The indicator is obtained using a survey which is taken by a sample of the general population. The survey includes the GAD-7 questionnaire with has 7 items on anxiety by asking how often in the last 2 weeks the participants had any anxiety problems. The answers are on a scale from 0 (not at all) to 3 (nearly every day).  This survey is repeated before and after the implementations of NBS in order to observe a potential change in anxiety symptoms.
<b>Scale of measurement</b>	General population in residential neighbourhoods
<b>Data source</b>	
<b>Required data</b>	Questionnaire data
<b>Data input type</b>	Continuous variables
<b>Data collection frequency</b>	Twice; once before the implementation of the nature-based solutions and once after.
<b>Level of expertise required</b>	Low
<b>Synergies with other indicators</b>	This indicator is related to other indicators on mental health.
<b>Connection with SDGs</b>	Good health and wellbeing: if the implementation of NBS is associated with decreased anxiety symptoms, NBS contribute to improved health and wellbeing.
<b>Opportunities for participatory data collection</b>	The questionnaires are self-reported and as such are reported by the citizens themselves.
<b>Additional information</b>	
<b>References</b>	Spitzer et al. 2006. A brief measure for assessing generalized anxiety disorder: The GAD-7. JAMA Internal Medicine; 166, 10.