

# Exploring American adult anxiety from 2010 - 2018

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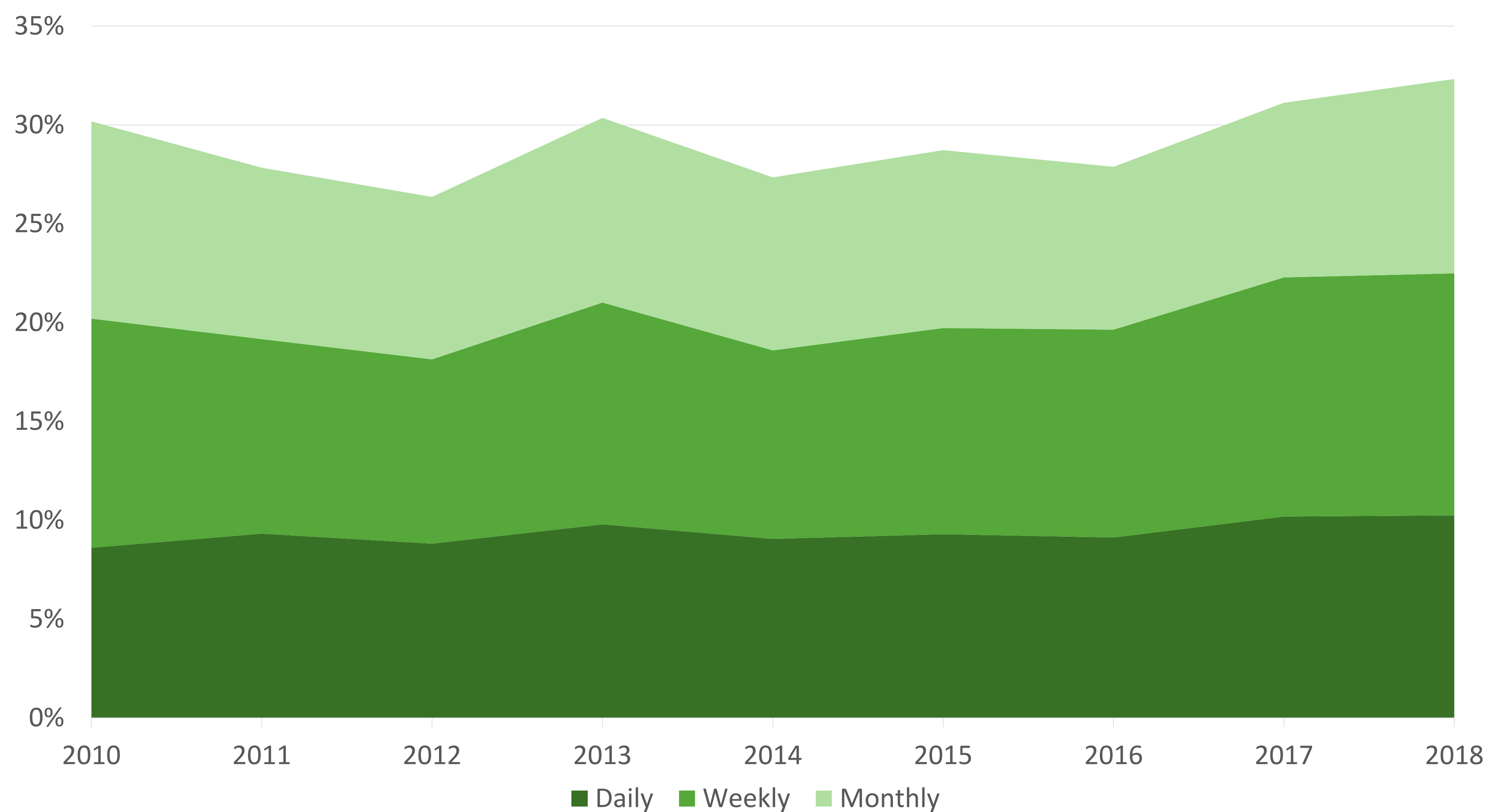


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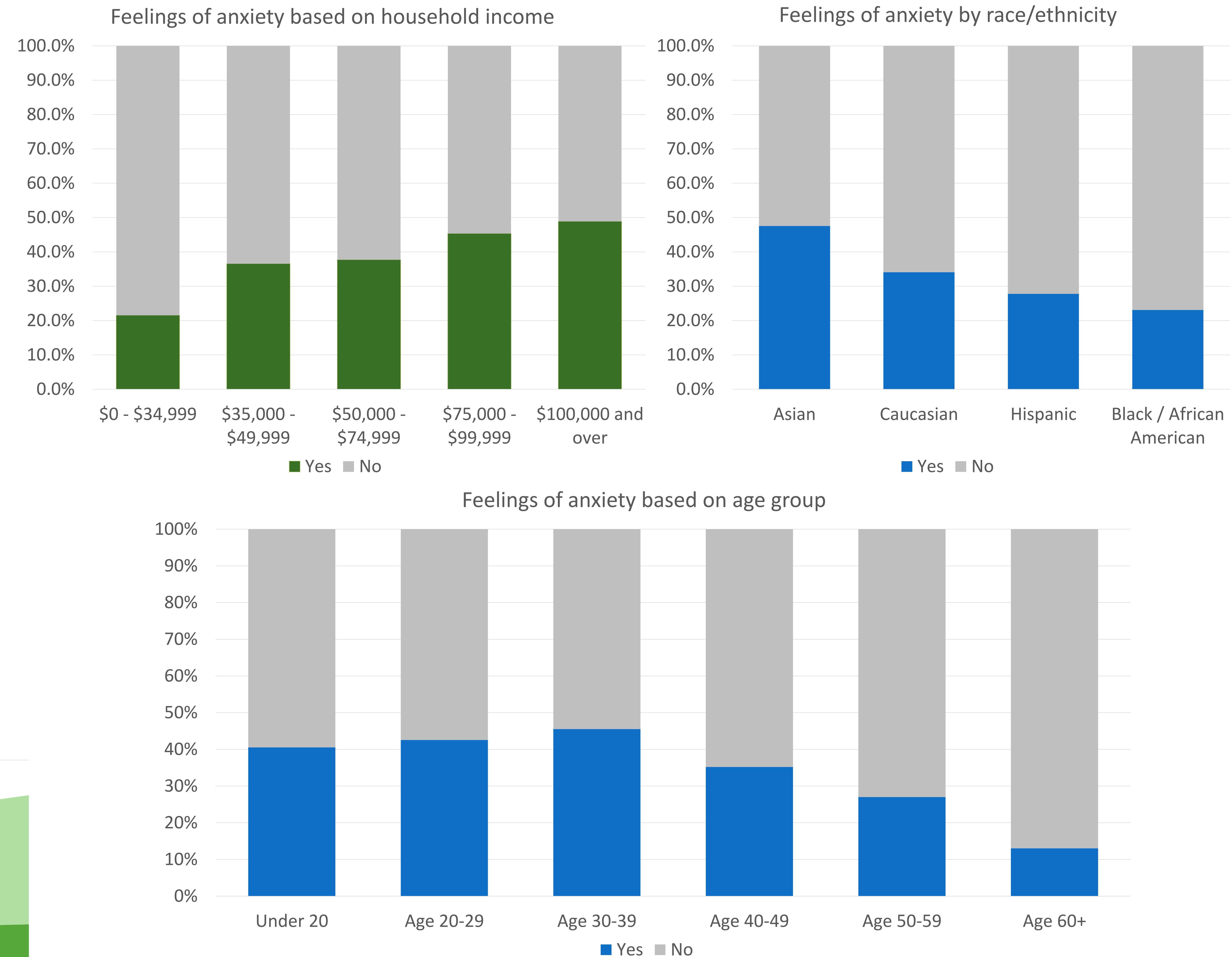
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- Data collected from a representative sample of the US population
- Source: Integrated Public Use Microdata Series (IPUMS)
- Recent trends show levels of anxiety have been increasing in Americans over this time frame
- We explored economic and occupational reasons that may explain this increase, such as:
  - ✓ wage stagnation
  - ✓ a rapid increase in information availability
  - ✓ changes in work culture
- Findings show an unexpected trend in “feelings of anxiousness, worry, or nervousness”, with the most fluctuation in the response “weekly” out of the choices daily, weekly, or monthly
- We observed a flat trend line in some responses, as opposed to our initial assumption that the data would show a positive linear trend line

Frequency of how often one feels worried, nervous, or anxious



## Demographic snapshots from IPUMS 2010 data



## What's Next?

- ✓ Generate interview questions on the sources and experiences of work anxiety
- ✓ Collect data from regional business leaders through interviews
- ✓ Compile and analyze interview responses to make meaningful inferences about work anxiety in Hampton Roads compared to national trends