Exploring American adult anxiety from 2010 - 2018
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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

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