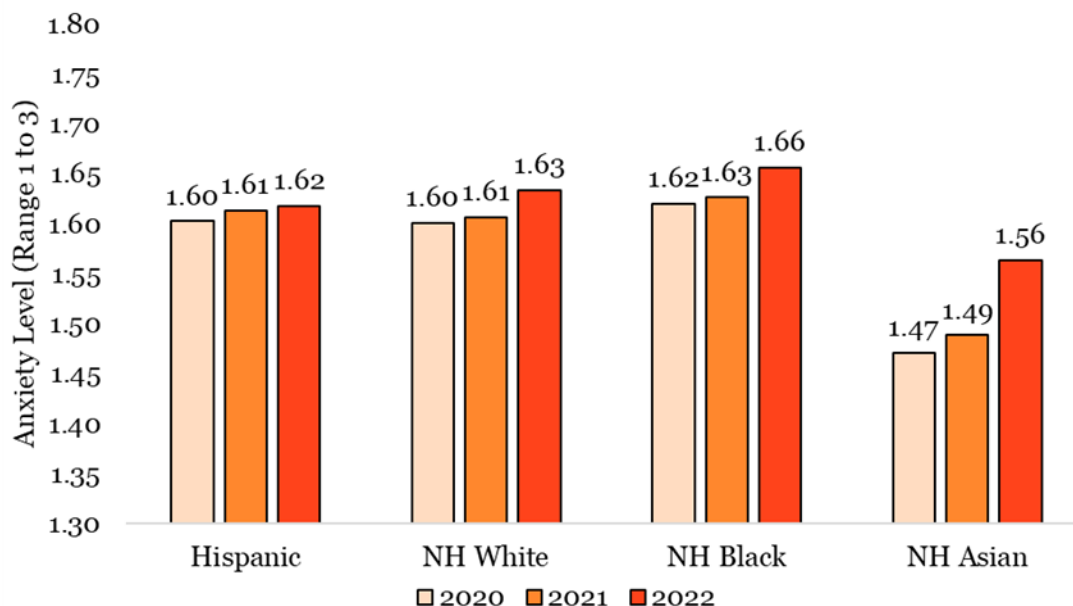


Asian Americans Have Relatively Low Anxiety but Experienced Large Increases in Anxiety between 2020 and 2022

Tianqi Zhou

Anxiety has harmful effects on physical health. People with chronic anxiety are at **increased risk** of developing nervous, cardiovascular, digestive, immune, and respiratory system disorders. Asian adults in the United States have lower average anxiety levels than other ethnoracial groups. The mean anxiety levels in 2020 were 1.47 among Asian American adults ages 18+, compared with 1.60 among Hispanic adults, 1.60 among non-Hispanic (NH) White adults, and 1.62 among NH Black adults. However, Asian American adults experienced a notable increase in average anxiety levels between 2020 and 2022. Although their anxiety levels were still relatively low compared to other ethnoracial groups, the increase among NH Asian adults was statistically significant ($p < 0.01$). This increase in anxiety may be due to anti-Asian attacks and stigma during the COVID-19 pandemic. It is crucial to offer community-based mental health services tailored to the needs of Asian Americans in the post-pandemic era.



Anxiety Levels among Adults ages 18+ by Race and Ethnicity, U.S., 2020-2022

Data Source: National Health Interview Survey (NHIS, 2020-2022)

Note: Anxiety is measured by feelings of worry, nervousness, and anxiousness. Higher scores represent greater anxiety on a scale of 1 to 3. NH=Non-Hispanic. N=60,172. Averages are unweighted.

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