Table S1. *Proportions of symptoms in 18-29 year olds, by current GAD diagnosis.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| raw frequencies *and weighted proportions* | | | | |
|  | | |  |  |
|  | GAD (n=186) | Control (n=313) | Test statistic | significance |
| **Ever worry a lot about things usually didn’t worry about?**   No  Yes | 46 *24.90* 140  *75.10* | 120 *35.38* 189 *64.62* | χ²(1)=10.36 | p=0.001\*\*\* |
| **Ever worry about more than one thing?** No  Yes | 20 *0.10* 166  *90.00* | 77 *22.38* 233 *77.62* | χ²(1)=14.66 | p=0.000\*\*\* |
| **Ever found it difficult to stop being tense/nervous/worried?** No  Yes | 0 *00.00* 186  *100.0* | 98 *28.55* 214 *71.44* | χ²(1)=72.74 | p=0.000\*\*\* |
| **Ever worry about things that were unlikely to happen?**  No  Yes | 78 *40.07* 108  *59.93* | 173 *56.25* 137 *43.75* | χ²(1)=8.95 | p=0.003\*\*\* |
| **Ever think your worrying was excessive?**  No  Yes | 63 *31.89* 121  *68.10* | 137 *41.14* 174 *58.86* | χ²(1)=4.62 | p=0.032\* |
| **Ever worry about things that weren’t really serious?**  No  Yes | 80 *38.44* 106  *61.56* | 177 *54.35* 136 *45.65* | χ²(1)=8.56 | p=0.003\*\* |
| **Ever worry about others’ actions and their consequences?**  No  Yes | 55 *26.61* 131  *73.39* | 148 *47.64* 164 *52.36* | χ²(1)=15.40 | p=0.000\*\*\* |
| **Often got tired easily?** No  Yes | 35 *16.85* 151  *83.15* | 146 *45.39* 165 *54.61* | χ²(1)=39.77 | p=0.000\*\*\* |
| **Often became startled easily?** No  Yes | 90 *48.02* 96  *51.98* | 220 *71.77* 92 *28.23* | χ²(1)=24.27 | p=0.000\*\*\* |
| **Often had tense, sore, or aching muscles?**  No  Yes | 54 *25.12* 132  *74.88* | 195 *65.65* 116 *34.35* | χ²(1)=52.77 | p=0.000\*\*\* |
| **Often became so restless you fidgeted, paced, couldn’t sit still?** No  Yes | 70 *36.33* 116  *63.67* | 185 *56.17* 128 *43.83* | χ²(1)=21.52 | p=0.000\*\*\* |
| **Often felt keyed up or on edge?** No  Yes | 34 *16.84* 152  *83.16* | 170 *50.72* 141 *49.28* | χ²(1)=63.67 | p=0.000\*\*\* |
| **Often had trouble concentrating/keeping mind on things?** No  Yes | 26 *14.27* 160  *85.73* | 142 *40.94* 170 *59.06* | χ²(1)=51.84 | p=0.000\*\*\* |
| **Often felt irritable?** No  Yes | 17 *7.23* 169  *92.77* | 124 *36.75* 188 *63.25* | χ²(1)=53.77 | p=0.000\*\*\* |
| **Often had trouble falling/staying asleep?** No  Yes | 41 *27.35* 145  *72.65* | 164 *49.47* 148 *50.53* | χ²(1)=44.82 | p=0.000\*\*\* |
| **Often forgot what talking about/mind went blank?** No  Yes | 52 *25.81* 134  *74.19* | 155 *47.55* 155 *52.45* | χ²(1)=23.23 | p=0.000\*\*\* |
| **Often felt heart racing, skipping, or pounding in chest?** No  Yes | 102 *54.30* 84  *45.70* | 213 *66.38* 98 *33.62* | χ²(1)=9.34 | p=0.002\*\* |
| **Often perspired/sweated?** No  Yes | 114 *60.40* 72  *39.60* | 242 *76.36* 68 *23.64* | χ²(1)=16.15 | p=0.000\*\*\* |
| **Often had cold and clammy hands?** No  Yes | 119 *62.86* 63  *37.14* | 232 *73.70* 70 *26.30* | χ²(1)=7.45 | p=0.006\*\* |
| **Often had dry mouth?** No  Yes | 111 *55.15* 75  *44.85* | 240 *79.50* 63 *20.50* | χ²(1)=21.70 | p=0.000\*\*\* |
| **Often felt dizzy/light-hearted/like might faint?** No  Yes | 109 *60.46* 77  *39.54* | 239 *79.15* 71 *20.85* | χ²(1)=18.99 | p=0.000\*\*\* |
| **Often had nausea, upset stomach, felt like vomiting or diarrhea?** No  Yes | 86 *43.85* 100  *56.15* | 222 *69.55* 87 *30.45* | χ²(1)=32.39 | p=0.000\*\*\* |
| **Often urinated frequently?** No  Yes | 126 *69.03* 58  *30.97* | 261 *83.68* 46 *16.32* | χ²(1)=18.85 | p=0.000\*\*\* |
| **Often had trouble swallowing/felt like lump in throat?** No  Yes | 133 *72.69* 52  *27.31* | 258 *82.59* 52 *17.41* | χ²(1)=8.97 | p=0.003\*\* |
| **Often had pain or pressure in chest?** No  Yes | 134 *72.54* 52  *27.46* | 265 *85.76* 44 *14.24* | χ²(1)=13.98 | p=0.000\*\*\* |
| **Often found self trembling or shaking?** No  Yes | 121 *60.54* 65  *39.46* | 251 *80.59* 59 *19.41* | χ²(1)=15.70 | p=0.000\*\*\* |
| **Often had trouble catching breath, felt like smothering?** No  Yes | 117 *60.55* 69  *39.45* | 248 *79.42* 61 *20.58* | χ²(1)=18.06 | p=0.000\*\*\* |
| \*p<.05; \*\*p<.01; \*\*\*p<.0001  Pearson’s chi-squared test conducted for all comparisons |  |  |  |  |

Table S2. *Proportions of symptoms in 30-44 year olds, by current GAD diagnosis.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| raw frequencies *and weighted proportions* | | | | |
|  | | |  |  |
|  | GAD (n=347) | Control (n=684) | Test statistic | Significance |
| **Worry a lot about things usually didn’t worry about?**  No  Yes | 78 *25.71* 268  *74.29* | 236 *36.27* 440 *63.73* | χ²(1)=16.45 | p=0.000\*\*\* |
| **Worry about more than one thing?** No  Yes | 28 *7.52* 319  *92.48* | 171 *25.36* 507 *74.64* | χ²(1)=43.16 | p=0.000\*\*\* |
| **Ever found it difficult to stop being tense/nervous/worried?** No  Yes | 0 *00.00* 347  *100.0* | 199 *27.89* 480 *72.11* | χ²(1)=127.17 | p=0.000\*\*\* |
| **Worry about things that were unlikely to happen?**  No  Yes | 154 *43.96* 193  *56.04* | 429 *61.85* 244 *38.15* | χ²(1)=35.05 | p=0.000\*\*\* |
| **Think your worrying was excessive?**  No  Yes | 109 *32.89* 237  *67.11* | 387 *55.90* 287 *44.10* | χ²(1)=61.47 | p=0.000\*\*\* |
| **Worry about things that weren’t really serious?**  No  Yes | 164 *47.06* 182  *52.94* | 460 *65.97* 216 *34.03* | χ²(1)=41.03 | p=0.000\*\*\* |
| **Worry about others’ actions and their consequences?**  No  Yes | 104 *28.11* 243  *71.89* | 325 *45.38* 350 *54.62* | χ²(1)=31.09 | p=0.000\*\*\* |
| **Often got tired easily?** No  Yes | 46 *12.28* 300  *87.72* | 275 *40.77* 397 *59.23* | χ²(1)=80.75 | p=0.000\*\*\* |
| **Often became startled easily?** No  Yes | 137 *38.73* 209  *61.27* | 454 *68.09* 221 *31.91* | χ²(1)=71.81 | p=0.000\*\*\* |
| **Often had tense, sore, or aching muscles?**  No  Yes | 93 *26.89* 253  *73.11* | 392 *58.49* 278 *41.51* | χ²(1)=91.49 | p=0.000\*\*\* |
| **Often became so restless you fidgeted, paced, couldn’t sit still?** No  Yes | 106 *32.60* 241  *67.40* | 418 *58.32* 257 *41.68* | χ²(1)=90.32 | p=0.000\*\*\* |
| **Often felt keyed up or on edge?** No  Yes | 53 *15.38* 293  *84.62* | 309 *41.93* 365 *58.07* | χ²(1)=93.06 | p=0.000\*\*\* |
| **Often had trouble concentrating/keeping mind on things?** No  Yes | 39 *11.80* 308  *88.20* | 298 *42.08* 378 *57.92* | χ²(1)=111.97 | p=0.000\*\*\* |
| **Often felt irritable?** No  Yes | 28 *9.45* 318  *90.55* | 279 *39.73* 397 *60.27* | χ²(1)=119.89 | p=0.000\*\*\* |
| **Often had trouble falling/staying asleep?** No  Yes | 50 *15.58* 295  *84.42* | 262 *38.39* 415 *61.61* | χ²(1)=63.15 | p=0.000\*\*\* |
| **Often forgot what talking about/mind went blank?** No  Yes | 94 *30.83* 253  *69.17* | 395 *59.10* 281 *40.90* | χ²(1)=90.28 | p=0.000\*\*\* |
| **Often felt heart racing, skipping, or pounding in chest?** No  Yes | 164 *50.59* 182  *49.41* | 210 *69.34* 182 *30.66* | χ²(1)=44.20 | p=0.000\*\*\* |
| **Often perspired/sweated?** No  Yes | 197 *58.38* 149  *41.62* | 513 *75.37* 160 *24.63* | χ²(1)=40.24 | p=0.000\*\*\* |
| **Often had cold and clammy hands?** No  Yes | 201 *59.41* 142  *40.59* | 518 *78.16* 138 *21.84* | χ²(1)=46.30 | p=0.000\*\*\* |
| **Often had dry mouth?** No  Yes | 177 *52.94* 168  *47.06* | 514 *76.79* 148 *23.21* | χ²(1)=73.07 | p=0.000\*\*\* |
| **Often felt dizzy/light-hearted/like might faint?** No  Yes | 197 *58.45* 150  *41.55* | 526 *79.81* 146 *20.19* | χ²(1)=51.33 | p=0.000\*\*\* |
| **Often had nausea, upset stomach, felt like vomiting or diarrhea?** No  Yes | 157 *45.66* 190  *54.34* | 467 *70.10* 207 *29.90* | χ²(1)=55.72 | p=0.000\*\*\* |
| **Often urinated frequently?** No  Yes | 217 *66.08* 127  *33.92* | 554 *85.30* 112 *14.70* | χ²(1)=50.74 | p=0.000\*\*\* |
| **Often had trouble swallowing/felt like lump in throat?** No  Yes | 230 *68.89* 116  *31.11* | 557 *82.30* 115 *17.70* | χ²(1)=35.07 | p=0.000\*\*\* |
| **Often had pain or pressure in chest?** No  Yes | 224 *65.85* 122  *34.15* | 556 *84.00* 118 *16.00* | χ²(1)=40.04 | p=0.000\*\*\* |
| **Often found self trembling or shaking?** No  Yes | 198 *57.64* 149  *42.36* | 536 *78.65* 138 *21.35* | χ²(1)=57.21 | p=0.000\*\*\* |
| **Often had trouble catching breath, felt like smothering?** No  Yes | 196 *58.02* 150  *41.98* | 557 *83.04* 118 *16.96* | χ²(1)=79.09 | p=0.000\*\*\* |
| \*p<.05; \*\*p<.01; \*\*\*p<.0001  Pearson’s chi-squared test conducted for all comparisons |  |  |  |  |

Table S3. *Proportions of symptoms in 45-64 year olds, by current GAD diagnosis.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| raw frequencies *and weighted proportions* | | | | |
|  | | |  |  |
|  | GAD (n=356) | Control (n=963) | Test statistic | Significance |
| **Worry a lot about things usually didn’t worry about?**  No  Yes | 86 *27.17* 269  *72.83* | 310 *33.30* 638 *66.70* | χ²(1)=8.77 | p=0.003\*\* |
| **Worry about more than one thing?** No  Yes | 44 *12.79* 311  *87.21* | 246 *25.38* 700 *74.62* | χ²(1)=27.60 | p=0.000\*\*\* |
| **Ever found it difficult to stop being tense/nervous/worried?** No  Yes | 0 *00.00* 356  *100.0* | 243 *22.93* 702 *77.07* | χ²(1)=112.57 | p=0.000\*\*\* |
| **Worry about things that were unlikely to happen?**  No  Yes | 167 *48.61* 185  *51.39* | 605 *61.05* 336 *38.95* | χ²(1)=30.23 | p=0.000\*\*\* |
| **Think your worrying was excessive?**  No  Yes | 148 *45.27* 205  *54.73* | 550 *57.96* 398 *42.04* | χ²(1)=26.78 | p=0.000\*\*\* |
| **Worry about things that weren’t really serious?**  No  Yes | 186 *54.21* 170  *45.79* | 642 *66.17* 301 *33.83* | χ²(1)=28.03 | p=0.000\*\*\* |
| **Worry about others’ actions and their consequences?**  No  Yes | 112 *32.22* 244  *67.78* | 440 *43.88* 510 *56.12* | χ²(1)=23.42 | p=0.000\*\*\* |
| **Often got tired easily?** No  Yes | 47 *12.00* 306  *88.00* | 366 *37.68* 567 *62.32* | χ²(1)=78.88 | p=0.000\*\*\* |
| **Often became startled easily?** No  Yes | 151 *45.34* 202  *54.66* | 637 *67.84* 299 *32.16* | χ²(1)=68.94 | p=0.000\*\*\* |
| **Often had tense, sore, or aching muscles?**  No  Yes | 94 *28.70* 260  *71.30* | 530 *57.98* 398 *42.02* | χ²(1)=95.78 | p=0.000\*\*\* |
| **Often became so restless you fidgeted, paced, couldn’t sit still?** No  Yes | 124 *37.87* 230  *62.13* | 579 *61.19* 366 *38.81* | χ²(1)=71.42 | p=0.000\*\*\* |
| **Often felt keyed up or on edge?** No  Yes | 51 *14.22* 304  *85.78* | 353 *36.28* 588 *63.72* | χ²(1)=64.37 | p=0.000\*\*\* |
| **Often had trouble concentrating/keeping mind on things?** No  Yes | 49 *16.65* 306  *83.35* | 385 *39.10* 563 *60.90* | χ²(1)=83.56 | p=0.000\*\*\* |
| **Often felt irritable?** No  Yes | 51 *14.49* 304  *85.51* | 402 *39.80* 547 *60.20* | χ²(1)=89.31 | p=0.000\*\*\* |
| **Often had trouble falling/staying asleep?** No  Yes | 49 *12.09* 307  *87.91* | 387 *39.90* 561 *60.10* | χ²(1)=85.14 | p=0.000\*\*\* |
| **Often forgot what talking about/mind went blank?** No  Yes | 80 *25.00* 276 *75.00* | 521 *58.07* 418 *41.93* | χ²(1)=113.11 | p=0.000\*\*\* |
| **Often felt heart racing, skipping, or pounding in chest?** No  Yes | 145 *45.68* 210  *54.32* | 624 *68.35* 314 *31.65* | χ²(1)=70.46 | p=0.000\*\*\* |
| **Often perspired/sweated?** No  Yes | 166 *51.49* 188  *48.51* | 674 *72.40* 265 *27.60* | χ²(1)=69.95 | p=0.000\*\*\* |
| **Often had cold and clammy hands?** No  Yes | 200 *62.61* 142  *37.39* | 704 *77.09* 212 *22.91* | χ²(1)=41.59 | p=0.000\*\*\* |
| **Often had dry mouth?** No  Yes | 160 *49.78* 190  *50.22* | 648 *72.73* 268 *27.27* | χ²(1)=68.70 | p=0.000\*\*\* |
| **Often felt dizzy/light-hearted/like might faint?** No  Yes | 184 *54.82* 170  *45.18* | 735 *80.22* 202 *19.78* | χ²(1)=87.73 | p=0.000\*\*\* |
| **Often had nausea, upset stomach, felt like vomiting or diarrhea?** No  Yes | 159 *46.18* 196  *53.82* | 659 *71.30* 285 *28.70* | χ²(1)=69.26 | p=0.000\*\*\* |
| **Often urinated frequently?** No  Yes | 182 *54.47* 168  *45.53* | 734 *80.99* 193 *19.01* | χ²(1)=92.56 | p=0.000\*\*\* |
| **Often had trouble swallowing/felt like lump in throat?** No  Yes | 210 *63.62* 141  *36.38* | 758 *80.57* 181 *19.43* | χ²(1)=59.55 | p=0.000\*\*\* |
| **Often had pain or pressure in chest?** No  Yes | 218 *63.96* 137  *36.04* | 738 *80.02* 204 *19.98* | χ²(1)=38.16 | p=0.000\*\*\* |
| **Often found self trembling or shaking?** No  Yes | 205 *60.56* 149  *39.44* | 735 *79.32* 210 *20.68* | χ²(1)=50.83 | p=0.000\*\*\* |
| **Often had trouble catching breath, felt like smothering?** No  Yes | 193 *56.85* 159  *43.15* | 754 *80.21* 186 *19.79* | χ²(1)=84.31 | p=0.000\*\*\* |
| \*p<.05; \*\*p<.01; \*\*\*p<.0001  Pearson’s chi-squared test conducted for all comparisons |  |  |  |  |

Table S4. *Proportions of symptoms in 65-98 year olds, by current GAD diagnosis.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| raw frequencies *and weighted proportions* | | | | |
|  | | |  |  |
|  | GAD (n=99) | Control (n=538) | Test statistic | Significance |
| **Worry a lot about things usually didn’t worry about?**  No  Yes | 28 *33.13* 71  *66.87* | 211 *40.26* 321 *59.74* | χ²(1)=4.59 | p=0.032\* |
| **Worry about more than one thing?** No  Yes | 17 *18.30* 82  *81.70* | 205 *39.04* 326 *60.96* | χ²(1)=16.80 | p=0.000\*\*\* |
| **Ever found it difficult to stop being tense/nervous/worried?** No  Yes | 0 *00.00* 99  *100.0* | 202 *38.46* 331 *61.54* | χ²(1)=55.15 | p=0.000\*\*\* |
| **Worry about things that were unlikely to happen?**  No  Yes | 48 *47.15* 48  *52.85* | 365 *70.10* 167 *29.90* | χ²(1)=12.51 | p=0.000\*\*\* |
| **Think your worrying was excessive?**  No  Yes | 50 *49.59* 47  *50.41* | 375 *70.13* 155 *29.87* | χ²(1)=13.85 | p=0.000\*\*\* |
| **Worry about things that weren’t really serious?**  No  Yes | 61 *58.34* 37  *41.66* | 395 *74.07* 137 *25.93* | χ²(1)=5.96 | p=0.015\* |
| **Worry about others’ actions and their consequences?**  No  Yes | 38 *41.17* 58  *58.83* | 287 *50.46* 247 *49.54* | χ²(1)=6.53 | p=0.011\* |
| **Often got tired easily?** No  Yes | 19 *21.54* 80  *78.46* | 221 *42.89* 306 *57.11* | χ²(1)=18.24 | p=0.000\*\*\* |
| **Often became startled easily?** No  Yes | 45 *47.72* 53  *52.28* | 379 *71.89* 144 *28.11* | χ²(1)=26.86 | p=0.000\*\*\* |
| **Often had tense, sore, or aching muscles?**  No  Yes | 31 *34.59* 66  *65.41* | 343 *68.78* 175 *31.22* | χ²(1)=40.23 | p=0.000\*\*\* |
| **Often became so restless you fidgeted, paced, couldn’t sit still?** No  Yes | 43 *46.17* 54  *53.83* | 363 *70.48* 169 *29.52* | χ²(1)=20.48 | p=0.000\*\*\* |
| **Often felt keyed up or on edge?** No  Yes | 20 *18.53* 77  *81.47* | 273 *50.62* 258 *49.38* | χ²(1)=31.25 | p=0.000\*\*\* |
| **Often had trouble concentrating/keeping mind on things?** No  Yes | 16 *15.82* 82  *84.18* | 288 *55.86* 242 *44.14* | χ²(1)=47.85 | p=0.000\*\*\* |
| **Often felt irritable?** No  Yes | 36 *31.32* 61  *68.68* | 324 *61.12* 206 *38.88* | χ²(1)=19.35 | p=0.000\*\*\* |
| **Often had trouble falling/staying asleep?** No  Yes | 27 *32.33* 71  *67.67* | 263 *51.40* 265 *48.60* | χ²(1)=16.47 | p=0.000\*\*\* |
| **Often forgot what talking about/mind went blank?** No  Yes | 33 *35.24* 65  *64.76* | 345 *66.47* 183 *33.53* | χ²(1)=34.65 | p=0.000\*\*\* |
| **Often felt heart racing, skipping, or pounding in chest?** No  Yes | 53 *53.90* 45  *46.10* | 414 *80.39* 113 *19.61* | χ²(1)=26.21 | p=0.000\*\*\* |
| **Often perspired/sweated?** No  Yes | 61 *64.78* 37  *35.22* | 430 *83.42* 97 *16.58* | χ²(1)=18.37 | p=0.000\*\*\* |
| **Often had cold and clammy hands?** No  Yes | 66 *71.66* 28  *28.34* | 421 *84.46* 90 *15.54* | χ²(1)=7.50 | p=0.006\*\* |
| **Often had dry mouth?** No  Yes | 42 *48.61* 53  *51.39* | 370 *74.32* 140 *25.67* | χ²(1)=29.60 | p=0.000\*\*\* |
| **Often felt dizzy/light-hearted/like might faint?** No  Yes | 47 *47.03* 51  *52.97* | 424 *81.18* 105 *18.82* | χ²(1)=45.85 | p=0.000\*\*\* |
| **Often had nausea, upset stomach, felt like vomiting or diarrhea?** No  Yes | 60 *65.62* 38  *34.38* | 422 *78.11* 105 *21.89* | χ²(1)=16.64 | p=0.000\*\*\* |
| **Often urinated frequently?** No  Yes | 50 *51.59* 46  *48.41* | 416 *79.98* 110 *20.02* | χ²(1)=31.51 | p=0.000\*\*\* |
| **Often had trouble swallowing/felt like lump in throat?** No  Yes | 63 *65.73* 34  *34.27* | 431 *81.84* 97 *18.16* | χ²(1)=13.76 | p=0.000\*\*\* |
| **Often had pain or pressure in chest?** No  Yes | 62 *68.65* 35  *31.35* | 454 *85.41* 76 *14.59* | χ²(1)=26.61 | p=0.000\*\*\* |
| **Often found self trembling or shaking?** No  Yes | 56 *60.18* 41  *39.82* | 441 *84.04* 87 *15.96* | χ²(1)=33.47 | p=0.000\*\*\* |
| **Often had trouble catching breath, felt like smothering?** No  Yes | 61 *66.45* 36  *33.55* | 442 *83.90* 89 *16.10* | χ²(1)=21.31 | p=0.000\*\*\* |
| \*p<.05; \*\*p<.01; \*\*\*p<.0001  Pearson’s chi-squared test conducted for all comparisons |  |  |  |  |

Table S5. *Binary Logistic Regression predicting GAD group membership within each age group, with Odds Ratios and 95% Confidence Intervals.*

|  |
| --- |
|  |
| odds ratios and 95% CI | | | | | |
|  | | 18-29 Years | 30-44 Years | 45-64 Years | 65-98 Years |
| Sex  Male  Female | | 1 .90 .49 - 1.68 | 1 1.25 .76 - 2.05 | 1 1.03.67 - 1.59 | 1 1.54 .57 - 4.14 |
| Education  Some college or higher  Completed high school  Less than high school | | 1 .89 .45 - 1.77 1.40 .66 - 2.99 | 1 .94 .59 - 1.49 1.15.50 - 2.65 | 1 1.10.71 - 1.70 .68 .37 - 1.24 | 1 .84.35 - 2.04 .53.22 - 1.26 |
| Personal Income  35,000+  10,000 – 34,999  0 – 9,999 | | 1 1.23 .51 - 2.99 1.28 .50 - 3.29 | 1 .95 .59 - 1.56 1.01 .57 - 1.80 | 1 .85.52 - 1.39 1.22.71 - 2.10 | 1 .83 .21 - 3.17 **3.511.07 - 11.43\*** |
| Marital Status  Married, cohabiting  Widowed, divorced, separated  Never married | | 1 1.21 .46 - 3.20 1.16 .60 - 2.23 | 1 1.02 .63 - 1.64 1.36.75 - 2.48 | 1 .94.63 - 1.40 1.17.66 - 2.07 | 1 .91.40 - 2.06 .67.14 - 3.23 |
| Urbanicity  Rural  Urban | | 1 1.08 .50 - 2.35 | 1 .59 .34 - 1.01 | 1 .75.50 - 1.13 | 1 1.58.72 - 3.43 |
| Region  Northeast  Midwest  South  West | | 1 .84 .35 - 1.99 .70 .31 - 1.62 .53.21 - 1.34 | 1 .93.50 - 1.70 .57.32 - 1.00 .94.50 - 1.76 | 1 .90.48 - 1.67 1.40.81 - 2.40 .93.51 - 1.71 | 1 1.44.55 - 3.74 1.43.61 - 3.32 1.86.63 - 5.51 |
| Self-perceived Health  Excellent  Very Good  Good  Fair  Poor  In worst period… | | 1 1.48 .69 - 3.20 .60 .27 - 1.35 1.65 .64 - 4.26 7.48 .73 - 76.32 | 1 .76 .43 - 1.37 1.11 .60 - 2.04 1.70 .84 - 3.43 2.08 .82 - 5.30 | 1 1.59 .78 - 3.24 1.52 .77 - 3.00 **2.11 1.06 - 4.19\* 2.49 1.16 - 5.34\*** | 1 .72 .16 - 3.26 .83 .19 - 3.68 1.10 .25 - 4.78 2.74 .66 - 11.22 |
| Worry a lot about things usually didn’t worry about?  No   Yes | | 1 1.20 .63 - 2.27 | 1 1.09 .69 - 1.73 | 1 .76 .49 - 1.20 | 1 .74 .38 - 1.46 |
| Worry about more than one thing?  No   Yes | | 1 1.33 .58 - 3.07 | 1 1.90 .94 - 3.82 | 1 1.45 .82 - 2.58 | 1 1.07 .52 - 2.21 |
| Worry about things that were unlikely to happen?  No   Yes | | 1 .78 .39 - 1.57 | 1 .72 .43 - 1.19 | 1 .74 .47 - 1.17 | 1 1.19 .54 - 2.64 |
| Think your worrying was excessive?  No   Yes | | 1 .70 .37 - 1.33 | 1 1.32 .84 - 2.09 | 1 1.01 .64 - 1.60 | 1 .74 .32 - 1.73 |
| Worry about things that weren’t really serious?  No   Yes | | 1 1.42 .74 - 2.75 | 1 .88 .52 - 1.49 | 1 .94 .59 - 1.52 | 1 .99 .43 - 2.32 |
| Worry about others’ actions and their consequences?  No   Yes | | 1 1.82 .98 - 3.38 | 1 1.15 .74 - 1.80 | 1 1.01 .66 - 1.54 | 1 .87 .40 - 1.90 |
| Often got tired easily?  No   Yes | | 1 **2.08 1.03 - 4.18\*** | 1 **2.22 1.27 - 3.90\*\*** | 1 **1.92 1.14 - 3.22\*** | 1 1.32 .64 - 2.74 |
| Often became startled easily?  No   Yes | | 1 .95 .49 - 1.82 | 1 1.21 .74 - 1.80 | 1 .98 .63 - 1.53 | 1 1.10 .50 - 2.43 |
| Often had tense, sore, or aching muscles?  No   Yes | | 1 **4.62 2.48 - 8.61\*\*\*** | 1 **1.67 1.08 - 2.57\*** | 1 1.35 .87 - 2.11 | 1 1.33 .62 - 2.86 |
| Often became so restless you fidgeted, paced, couldn’t sit still?  No   Yes | | 1 **.33 .14 - .77\*** | 1 1.32 .82 - 2.11 | 1 .97 .62 - 1.52 | 1 1.17 .50 - 2.79 |
| Often felt keyed up or on edge?  No   Yes | | 1 **2.98 1.27 - 6.99\*** | 1 1.64 .95 - 2.81 | 1 **1.74 1.02 - 2.97\*** | 1 1.90 .87 - 4.19 |
| Often had trouble concentrating/keeping mind on things?  No   Yes | | 1 1.69 .79 - 3.63 | 1 **2.14 1.17 - 3.91\*** | 1 1.13 .67 - 1.89 | 1 **3.57 1.62 - 7.89\*\*** |
| Often felt irritable?  No   Yes | | 1 **2.38 1.01 - 5.59\*** | 1 **2.26 1.22 - 4.22\*** | 1 1.50 .92 - 2.43 | 1 1.49 .75 - 2.97 |
| Often had trouble falling/staying asleep?  No   Yes | | 1 **2.28 1.18 - 4.41\*** | 1 1.52 .90 - 2.57 | 1 **2.71 1.64 - 4.47\*\*\*** | 1 .98 .48 - 1.99 |
| Often forgot what talking about/mind went blank?  No   Yes | | 1 1.36 .71 - 2.61 | 1 1.24 .77 - 1.99 | 1 **2.06 1.34 - 3.18\*\*\*** | 1 1.32 .61 - 2.89 |
| Often felt heart racing, skipping, or pounding in chest?  No   Yes | | 1 .58 .29 - 1.16 | 1 .78 .48 - 1.29 | 1 .99 .62 - 1.58 | 1 .81 .37 - 1.81 |
| Often perspired/sweated?  No   Yes | | 1 .71 .33 - 1.52 | 1 .76 .46 - 1.26 | 1 1.14 .69 - 1.88 | 1 1.58 .67 - 3.77 |
| Often had cold and clammy hands?  No   Yes | | 1 .55 .25 - 1.23 | 1 .90 .54 - 1.50 | 1 .93 .59 - 1.47 | 1 1.29 .54 - 3.09 |
| Often had dry mouth?  No   Yes | | 1 **3.09 1.24 - 7.70\*** | 1 1.18 .70 - 1.97 | 1 .96 .61 - 1.52 | 1 1.09 .50 - 2.38 |
| Often felt dizzy/light-hearted/like might faint?  No   Yes | | 1 .95 .43 - 2.07 | 1 1.43 .82 - 2.47 | 1 1.36 .85 - 2.18 | 1 **3.02 1.37 - 6.70\*\*** |
| Often had nausea, upset stomach, felt like vomiting or diarrhea?  No   Yes | | 1 1.26 .61 - 2.61 | 1 .93 .57 - 1.51 | 1 1.49 .96 - 2.30 | 1 .**39 .16 - .98\*** |
| Often urinated frequently?  No   Yes | | 1 1.40 .67 - 2.96 | 1  1.35 .82 - 2.24 | 1 **1.69 1.10 - 2.59\*** | 1 1.30 .63 - 2.72 |
| Often had trouble swallowing/felt like lump in throat?  No   Yes | | 1 .60 .28 - 1.26 | 1 **.50 .28 - .87\*** | 1 .80 .50 - 1.29 | 1 .56 .25 - 1.26 |
| Often had pain or pressure in chest?  No   Yes | | 1 1.39 .62 - 3.13 | 1 1.10 .63 - 1.95 | 1 .87 .54 - 1.38 | 1 .79 .36 - 1.76 |
| Often found self trembling or shaking?  No   Yes | | 1 2.24 .99 - 5.09 | 1 .67 .39 - 1.16 | 1 .81 .50 - 1.32 | 1 2.25 .95 - 5.31 |
| Often had trouble catching breath, felt like smothering?  No  Yes | | 1 .58 .24 - 1.39 | 1 **2.65 1.44 - 4.88\*\*** | 1 1.26 .77 - 2.05 | 1 .88 .35 - 2.20 |
|  | | χ²(41)=131.88\*\*\* VIF: 1.49 | χ²(41)=200.05\*\*\* VIF: 1.52 | χ²(41)=182.17\*\*\* VIF: 1.47 | χ²(41)=105.67\*\*\* VIF: 1.50 |

\*p<.05; \*\*p<.01; \*\*\*p<.0001