

COM-2025-077

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REVIEW

Drug Information

PharmPix Clinical Department

Drug Information:

Remember that medical literature is dynamic and is continuously changing as new scientific knowledge is developed. We exhort the frequent revision of treatment guidelines to assure that your recommendations are consistent with the most updated information.

It is our priority to offer high-quality services and support practices for health promotion and diseases prevention. If you have any questions or wish to have more information regarding this document, you can call us directly or view PharmPix communications online.

QUESTIONS

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PharmPix is committed to the health and wellness of our members.

The clinical team wants to communicate the latest up-to-date drug information requested.

GAD Prevalence Continues to Climb

Generalized anxiety disorder (GAD) is a chronic mental health condition marked by excessive, uncontrollable worry that interferes with daily functioning and quality of life.

Rising Rates of GAD

A new analysis found that more than one in ten U.S. adults were affected by GAD between 2021 and 2023, with cases steadily rising each year. After adjusting the data to reflect the broader U.S. population, results showed that the one-year prevalence rose from 5.4% in 2020 to 6.6% in 2023. From 2021 to 2023, around 25.3 million adults – about 10.3% of the U.S. adult population – were affected, with most patients being women in their early forties.

Implications for Public Health

Researchers emphasized that these findings provide one of the most current and comprehensive estimates of GAD prevalence and incidence in the U.S., highlighting the disorder's growing burden on individuals and healthcare

systems. Moreover, the study had a couple of limitations, such as potential undercounting of undiagnosed cases and ICD-10 coding inconsistencies. Still, the upward trend points to an urgent need for earlier detection and improved care related to mental health. The authors of the research called for continued research to better understand GAD's clinical, economic, and societal impacts, with the goal of informing policies that strengthen screening, diagnosis, and treatment strategies.

**CLINICAL PEARLS**

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2 Street 1, Suite 500
Guaynabo, PR 00968

Tel. 787.522.5252
Fax 866.912.2830

www.pharmpix.com
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