



### Anxiety Disorders in the Workplace

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#### Abstract

Anxiety and depression has increased sharply in recent years. Depression has a very large impact on at-work performance, due to the prevalence of depression and its ability to impair work performance. Depression among employees has been estimated to have a prevalence of approximately 10%. There is growing evidence that the workplace can have an important role in the development of anxiety problems and disorders. The symptoms of depression suggest possible interference with work performance; for example, inability to concentrate, low energy and easy fatigability, exaggerated self-doubts, indecisiveness and disturbed sleep might all impair work performance. Moreover, depression often is accompanied by other forms of ill health, such as anxiety, substance abuse or other medical conditions. With treatment, most people find significant improvement. Several standard approaches have proved effective. The health care professional will use one or a combination of these treatments: therapy, medication, complementary and alternative treatment, relaxation techniques.

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