



## **Appendix 1**

**This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.**

Appendix to: Harris MG, Hobbs MJ, Burgess PM, et al. Frequency and quality of mental health treatment for affective and anxiety disorders among Australian adults. *Med J Aust* 2015; 202: 185-189. doi: 10.5694/mja14.00297.

**Appendix 1. Prevalence of past-year affective and/or anxiety disorder among 8831 adult participants of the 2007 Australian National Survey of Mental Health and Wellbeing, and level of treatment received, by disorder type and severity**

	Distribution of past-year affective and/or anxiety disorders in the Australian population [a] <sup>†</sup>		% of [a] who ...	% of [b] who received ...		% of [c] who received ...		% of [d] who received ...	
			consulted for mental health [b] <sup>†</sup>	an evidence-based intervention [c] <sup>†</sup>	minimally adequate treatment [d] <sup>†‡</sup>	an evidence-based pharmacological intervention <sup>†</sup>	an evidence-based psychological intervention <sup>†</sup>	minimally adequate pharmacological treatment <sup>†</sup>	minimally adequate psychological treatment <sup>†</sup>
	n	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Any affective and/or anxiety disorder	1,517	17% (16%-18%)	39% (35%-42%)	67% (61%-72%)	41% (35%-47%)	66% (59%-74%)	69% (64%-75%)	63% (53%-73%)	69% (60%-77%)
Disorder type									
Anxiety only	966	11% (10%-12%)	27% (23%-32%)	61% (53%-69%)	31% (21%-41%)	63% (54%-72%)	70% (61%-79%)	61% (47%-75%)	72% (59%-84%)
Affective only	226	3% (2%-3%)	46% (36%-56%)	61% (48%-74%)	30% (19%-41%)	70% (57%-83%)	49% (33%-65%)	64% (43%-84%)	63% (43%-83%)
Comorbid affective and anxiety	325	4% (3%-4%)	67% (60%-75%)	77% (69%-84%)	59% (51%-67%)	68% (57%-79%)	77% (69%-85%)	65% (51%-78%)	68% (53%-83%)
	$\chi^2$ (p) <sup>§</sup>	n/a	67.7 (< 0.001)	10.0 (0.01)	25.1 (< 0.001)	1.1 (0.60)	11.4 (0.01)	0.2 (0.88)	0.5 (0.77)
Severity									
Mild	570	7% (6%-8%)	20% (15%-25%)	61% (48%-75%)	25% (10%-40%)	70% (51%-89%)	65% (51%-80%)	60% (45%-75%) <sup>¶</sup>	72% (62%-83%) <sup>¶</sup>
Moderate	580	6% (6%-7%)	43% (37%-48%)	66% (58%-75%)	36% (28%-45%)	60% (51%-68%)	70% (61%-79%)		
Severe	367	4% (3%-5%)	64% (56%-73%)	71% (62%-79%)	55% (47%-62%)	71% (60%-82%)	71% (62%-79%)	66% (53%-79%)	65% (52%-78%)
	$\chi^2$ (p) <sup>§</sup>	n/a	73.7 (< 0.001)	1.7 (0.44)	19.3 (0.003)	4.6 (0.11)	0.4 (0.82)	0.4 (0.52)	0.8 (0.37)

All percentages are weighted. na = not applicable. \* Percentage of study population accounted for by each disorder type or severity group. † Percentage of people within each disorder type or severity group. ‡ Because data on the frequencies of consultation with each type of professional were only available in grouped form, minimally adequate treatment status was deemed for 55 respondents with affective or anxiety disorders using available data regarding their possible range of eligible consultations. § df = 2 for most comparisons; df = 1 where disorder or severity categories were combined. ¶ Due to small numbers, mild and moderate severity groups were combined for analysis.