

Table 1 Descriptive characteristics of 5274 participants according to self-reported Beck's anxiety inventory (BAI) score.

Variable	Total n (%)	Mean BAI score	No anxiety n (%)	Mild anxiety n (%)	Moderate anxiety n (%)	Severe anxiety n (%)	P value
Age (years)							<0.01
18-24	1509 (28.6)	10.18	803 (53.2)	349 (23.1)	221 (14.6)	136 (9.0)	
25-34	1375 (26.1)	8.90	779 (56.7)	346 (25.2)	157 (11.4)	93 (6.8)	
35-44	1159 (22.0)	7.96	730 (63.0)	244 (21.1)	127 (11.0)	58 (5.0)	
45-54	828 (15.7)	5.71	602 (72.7)	147 (17.8)	57 (6.9)	22 (2.7)	
55-64	321 (6.1)	4.12	266 (82.9)	42 (13.1)	9 (2.8)	4 (1.2)	
>65	82 (1.6)	3.31	68 (82.9)	8 (9.8)	3 (3.7)	3 (3.7)	
Sex							<0.01
Male	2360 (44.7)	6.37	1659 (70.3)	423 (17.9)	196(8.3)	82 (3.5)	
Female	2914 (55.3)	9.67	1589 (54.5)	713 (24.5)	378 (13.0)	234 (8.0)	
Smoking							0.60
Yes	1488 (28.2)	8.16	907 (61.0)	333 (22.4)	154 (10.3)	94 (6.3)	
No	3786(71.8)	8.12	2341(61.8)	803(21.2)	420(11.1)	222 (5.9)	
Income *							<0.01
< 500	1467 (27.8)	9.88	769 (52.4)	364 (24.8)	212 (14.5)	122 (8.3)	
501-1000	1777 (33.7)	8.19	1093 (61.5)	392 (22.1)	188 (10.6)	104 (5.9)	
1001-1500	712 (13.5)	7.60	464 (65.2)	143 (20.1)	68 (9.6)	37 (5.2)	
1501-2000	446 (8.5)	7.16	286 (64.1)	105 (23.5)	41 (9.2)	14 (3.1)	
> 2000	789 (15.0)	5.83	601 (76.2)	109 (13.8)	52 (6.6)	27 (3.4)	
Number of households							0.02
0	133 (2.5)	6.71	87 (65.4)	31 (23.3)	9 (6.8)	6 (4.5)	
1	332 (6.3)	8.42	198 (59.6)	70 (21.1)	39 (11.7)	25 (7.5)	
2	515 (9.8)	7.96	335 (65.0)	106 (20.6)	39 (7.6)	35 (6.8)	
3	775 (14.7)	7.19	504 (65.0)	166 (21.4)	73 (9.4)	32 (4.1)	
4	949 (18.0)	8.33	589 (62.1)	187 (19.7)	118 (12.4)	55 (5.8)	
5	1046 (19.8)	8.32	637 (60.9)	229 (21.9)	115 (11.0)	65 (6.2)	
=>6	1524 (28.9)	8.69	898 (58.9)	347 (22.8)	181 (11.9)	98 (6.4)	
Social Network**							<0.01
0	394 (7.5)	12.67	154 (39.1)	124 (31.5)	60 (15.2)	56 (14.2)	
1	664 (12.2)	11.75	281 (43.6)	175 (27.2)	116 (18.0)	72 (11.2)	
2	1144 (21.7)	8.57	670 (58.6)	273 (23.9)	130 (11.4)	71 (6.2)	
3-4	1749 (33.2)	7.12	1180 (67.5)	332 (19.0)	164 (9.4)	73 (4.2)	
5-8	813 (15.4)	6.46	573 (70.5)	153 (18.8)	61 (7.5)	26 (3.2)	
=>9	530 (10)	5.93	390 (73.6)	79 (14.9)	43 (8.1)	18 (3.4)	
Social Support***							<0.01
0	438 (8.3)	14.81	158 (36.1)	114 (26.0)	72 (16.4)	94 (21.5)	
1	700 (13.3)	10.97	312 (44.6)	203 (29.0)	127 (18.1)	58 (8.3)	
2	1141 (21.6)	8.98	645 (56.5)	281 (24.6)	146 (12.8)	69 (6.0)	
3-4	1484 (28.1)	7.02	985 (66.4)	311 (21.0)	141 (9.5)	47 (3.2)	
5-8	674 (12.8)	5.91	514 (76.3)	93 (13.8)	40 (5.9)	27 (4.0)	
=>9	837 (15.9)	5.26	634 (75.7)	134 (16.0)	48 (5.7)	21 (2.5)	
Marital Status							<0.01
Single	2248 (42.6)	9.37	1251 (55.6)	536 (23.8)	291 (12.9)	170 (7.6)	
married	2823 (53.7)	7.22	1883 (66.5)	555 (19.6)	264 (9.3)	130 (4.6)	
widowed	45 (0.9)	6.44	32 (71.1)	8 (17.8)	4 (8.9)	1 (2.2)	
divorced	149 (2.8)	9.44	82 (55.0)	37 (24.8)	15 (10.1)	15 (10.1)	
Region of country							0.01
North	1100 (20.8)	8.56	645 (58.6)	263 (23.9)	122 (11.1)	70 (6.3)	
Center	3771 (71.5)	8.03	2372 (62.9)	782 (20.7)	394 (10.4)	223 (5.9)	
South	403 (7.6)	8.96	222 (55.1)	100 (24.8)	58 (14.4)	23 (5.7)	
Work							
Public sector	998 (18.9)	8.52	660 (66.1)	210 (21.0)	89 (8.9)	39 (3.9)	<0.01
Private sector	1316 (25.0)	8.44	845 (64.2)	292 (22.2)	116 (8.8)	63 (4.8)	<0.01
Self-employment	558 (10.6)	8.31	371 (66.5)	104 (18.6)	57 (10.2)	26 (4.7)	0.01
Student	1306 (24.8)	7.67	716 (54.8)	306 (23.4)	182 (13.9)	102 (7.8)	<0.01

*Monthly income in Jordanian Dinar (JD); JD1 = US\$ 1.41

** How many close people do you have?

*** How many people do you have to talk with when you are under stress?

($P < 0.01$). Moreover, having a more extensive social network, and having higher social support were significantly associated with lower anxiety scores ($P < 0.01$).

Factors predicting anxiety

Table 2 shows the results of the multivariable ordinal logistic regression analyses. Female gender ($\beta = 0.41$, 95%