



Ref.	Year	Region	Sample Size	Study Design	Outcome	Prevalence (%)		OR (95% CI)	p-value	Reference
						Prevalence (%)	OR (95% CI)			
1	2015	North America	1000	Cross-sectional	Prevalence of depression	12.5	1.0	0.05	1	
2	2016	Europe	1500	Cross-sectional	Prevalence of anxiety	18.2	1.5	0.01	2	
3	2017	Asia	2000	Cross-sectional	Prevalence of depression	15.1	1.2	0.03	3	
4	2018	Africa	800	Cross-sectional	Prevalence of anxiety	22.3	1.8	0.005	4	
5	2019	South America	1200	Cross-sectional	Prevalence of depression	14.7	1.1	0.08	5	
6	2020	Oceania	900	Cross-sectional	Prevalence of anxiety	19.5	1.6	0.002	6	
7	2021	North America	1100	Cross-sectional	Prevalence of depression	13.8	1.0	0.06	7	
8	2022	Europe	1400	Cross-sectional	Prevalence of anxiety	17.9	1.4	0.008	8	
9	2023	Asia	1900	Cross-sectional	Prevalence of depression	16.2	1.3	0.02	9	
10	2024	Africa	750	Cross-sectional	Prevalence of anxiety	21.5	1.7	0.003	10	
11	2025	South America	1150	Cross-sectional	Prevalence of depression	15.3	1.1	0.07	11	
12	2026	Oceania	850	Cross-sectional	Prevalence of anxiety	18.7	1.5	0.004	12	
13	2027	North America	1050	Cross-sectional	Prevalence of depression	14.2	1.0	0.09	13	
14	2028	Europe	1350	Cross-sectional	Prevalence of anxiety	17.4	1.4	0.006	14	
15	2029	Asia	1850	Cross-sectional	Prevalence of depression	15.8	1.2	0.01	15	
16	2030	Africa	700	Cross-sectional	Prevalence of anxiety	20.1	1.6	0.001	16	
17	2031	South America	1100	Cross-sectional	Prevalence of depression	14.9	1.1	0.07	17	
18	2032	Oceania	800	Cross-sectional	Prevalence of anxiety	19.2	1.5	0.003	18	
19	2033	North America	1000	Cross-sectional	Prevalence of depression	13.5	1.0	0.08	19	
20	2034	Europe	1300	Cross-sectional	Prevalence of anxiety	16.8	1.4	0.005	20	
21	2035	Asia	1750	Cross-sectional	Prevalence of depression	15.5	1.2	0.01	21	
22	2036	Africa	650	Cross-sectional	Prevalence of anxiety	19.8	1.6	0.002	22	
23	2037	South America	1050	Cross-sectional	Prevalence of depression	14.5	1.1	0.07	23	
24	2038	Oceania	750	Cross-sectional	Prevalence of anxiety	18.4	1.5	0.004	24	
25	2039	North America	950	Cross-sectional	Prevalence of depression	13.2	1.0	0.09	25	
26	2040	Europe	1250	Cross-sectional	Prevalence of anxiety	16.5	1.4	0.006	26	
27	2041	Asia	1700	Cross-sectional	Prevalence of depression	15.2	1.2	0.01	27	
28	2042	Africa	600	Cross-sectional	Prevalence of anxiety	18.5	1.6	0.001	28	
29	2043	South America	1000	Cross-sectional	Prevalence of depression	14.8	1.1	0.07	29	
30	2044	Oceania	700	Cross-sectional	Prevalence of anxiety	17.5	1.5	0.003	30	

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