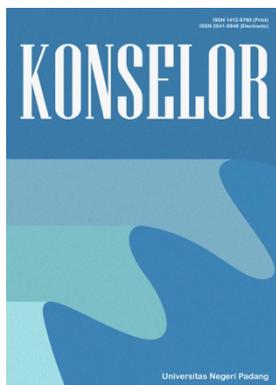


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## A bibliometric analysis of the anxiety disorder topics in 2023

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# A bibliometric analysis of the anxiety disorder topics in 2023



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**Abstract:** This research provides a bibliometric analysis of anxiety disorder studies in 2023, employing a qualitative approach to examine trends and developments in this field. The study analyzes 988 documents, utilizing OpenRefine, Vosviewer, and Rstudio for in-depth data analysis. The primary objective is to understand the current landscape of anxiety disorder research and identify key themes and contributors. The findings reveal that anxiety disorder remains a significant and topical subject in contemporary research, with a notable concentration of studies originating from the United States. This geographic focus underscores the country's leading role in advancing research in this area. A key figure in this field is identified as Wang Y., who has made substantial contributions through frequent publications. The study also highlights emerging areas of interest within anxiety disorder research. These include specific focus on teenagers and women, indicating a growing awareness of demographic-specific anxiety issues. Additionally, the research points to an increasing interest in exploring the nuances of gender in relation to anxiety disorders. Another critical aspect underlined by the study is the broader theme of mental stress, which remains a pertinent issue in understanding and addressing anxiety disorders. Overall, this research not only maps the current state of anxiety disorder studies but also indicates key directions for future research, emphasizing the importance of demographic-specific and thematic explorations in this field. The insights gained from this study are valuable for researchers, clinicians, and policymakers, providing a foundational understanding of the evolving landscape of anxiety disorder research in 2023.

**Key Words:** Anxiety disorder; Trend 2023; Bibliometrics analysis; Thematic explorations

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## INTRODUCTION

According to statistics compiled by the World Health Organization (WHO), anxiety disorder is the most common mental health problem worldwide (Kessler and Üstün 2004). By 2019, it is estimated that 264 million people globally will suffer from anxiety disorders (H. Zhang et al., 2020; Rudolph et al., 2021; Wang et al., 2020). The high frequency of anxiety disorder indicates that this is a serious health problem that requires significant attention (Newman et al., 2023; LaFreniere and Newman, 2023). Anxiety is a condition characterized by emotional incompetence, insecurity, or immaturity in the face of environmental demands. Mental health refers to the emotional and psychological state of being able to use one's mind and abilities, to contribute to society, and to meet a person's basic needs (Chodavadia et al., 2023; Li et al., 2023; Yang et al., 2023).

There are conflicts that disturb and complicate the individual's life and end in mental illness, such as extreme anxiety and terror. There are biological and psychological causes. As an emotional response,

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neurotic patients are always dominated by feelings of fear. Anxiety can cause a person to experience discomfort and fear of their environment (Mesquita et al., 2023; Lu et al., 2023; Newman et al., 2023). The condition of a person can indicate their level of anxiety. Changes in respiratory rate, increased pulse, and blood pressure (LaFreniere and Newman 2023; Chen et al. 2023) Since 2019, the COVID-19 pandemic has had a severe impact on the mental health of individuals around the world.

Some individuals experience stress, anxiety, and depression as a result of social isolation, uncertainty, and sudden lifestyle changes. (Wang et al. 2020; Wong 2020). This pandemic exacerbates pre-existing anxiety problems and may contribute to the development of new disorders. (Y. Zhang and Ma 2020; Chatterjee and Chatterjee 2020). A person's physical and emotional health can be severely impaired by an anxiety disorder. Among the effects are hypertension, difficulty sleeping, digestive problems, and fatigue (Bobbitt et al., 2023; Mendlowicz and Stein, 2000). Depression can be triggered by anxiety problems, which can worsen a person's mental health condition (Borsboom 2017; MacIntyre, Zare, and Williams 2023).

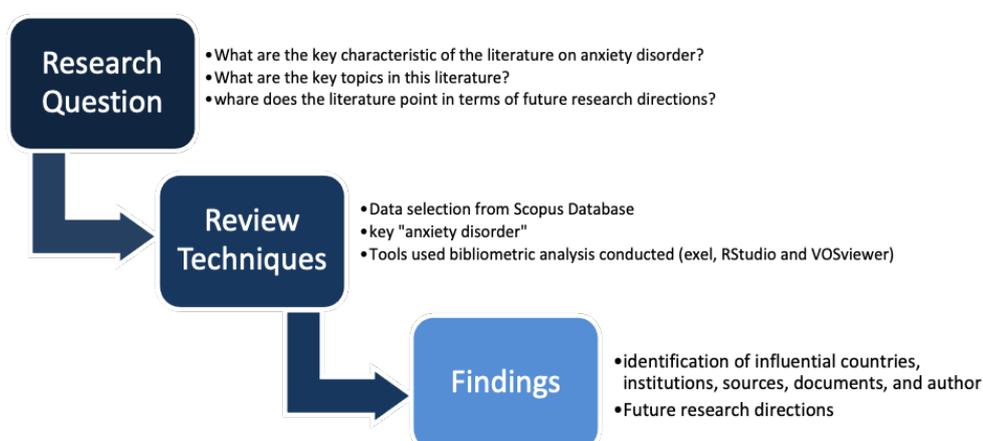
Chronic stress, uncertainty, and traumatic events are some of the risk factors that can lead to the development of anxiety disorder. In addition, genetic variables can affect a person's likelihood of developing an anxiety disorder. Treatment of anxiety disorder may involve psychotherapy, medication, and lifestyle changes (Derrien 2023; Sarris et al. 2012). Unfortunately, many people do not receive adequate care because of the stigma surrounding mental health and the lack of access to health services. Based on this, the researchers want to dig into the development of research related to anxiety disorders in early 2023, targeting the top 10 countries in publications related to anxiety disorders. In addition, this bibliometric research studies the authors, keyword analysis, and predictions of future themes that are still in the interest of researchers.

## METHOD

Bibliometric research involves the collection and analysis of bibliographic data, such as lists of references in scientific publications or quotations related to a particular scientific article (Garfield 1964; Price 1970). Using bibliographical data, bibliometrical research can detect trends and patterns in the evolution of literature on a particular topic and determine how such literature affects the field of study (de Solla 1961; Garfield 2006).

### *Study Design*

According to Paltrinieri et al (2019), there are three stages of the bibliometric research method: (1) creating research problems; (2) finding literature suitable for review; and (3) obtaining conclusions from bibliometrical reviews that are consistent with the research objectives. In picture 1, there is a study design summary.



**Figure 1.** Research Design Summary

### *Data selection strategy*

The research utilizes the Scopus database, a database that is widely used for scientific social science research (Leydesdorff and Bornmann 2011; Pritchard 1969; Bornmann et al. 2011). We chose Scopus because Google Scholar contains a large number of low-quality papers that have not been evaluated by experts with scientific credibility. Table 1 an emergency disturbance in the scopus database.

**Table 1.** Scopus Database Emergency Interference

Query wording	Scopus appearances	search	Source Title	Key	Total
“anxiety disorder”	127,513		13,323	110,116	
Combine All Fields					342,854
“anxiety disorder”					
Limitation	988				

Using the Scopus database, we found 127,513 publication documents about anxiety disorders. Researchers chose Scopus because, since the invention of Google Scientists, too many publication documents are of low quality. We found as many as 1254 publication documents in 2023. Researchers performed keyword analysis on the Scopus database to find relevant articles. After a quick analysis of each manuscript to validate or deny its relevance to the topic, 988 documents were saved for bibliometric analysis. Our selected research covers the year 2023. In addition, the annex includes a summary of the 10 most frequently quoted documents. The aim of this study is to conduct a bibliometric analysis of the existing literature on anxiety disorder to answer the following research questions:

RQ1: Who is the author who contributed the most to the publication of the research and work on anxiety disorder?

RQ2: What are the main keywords in anxiety disorder research?

RQ3: What are potential topics for future studies in the field of research related to anxiety disorder?

### *Analysis Tools*

The study responded to research questions using OpenRefine, VOSviewer, and Excel. Vosviewer enabled users to build and analyze bibliometric networks, often known as maps (Waltman, Van Eck, and Noyons 2010; van Eck and Waltman 2009), as well as evaluate co-writing, co-events, peers, and quotes. It also enabled bibliographic convergence, which helped to form representative literary groups. We developed editable graphs using Excel spreadsheets to organize statistics and data using formulas and functions.

### *Analysis Type*

The research analysis is divided into three parts: overall performance, quotation, and networking and content. The overall performance analysis provides data on the growth of literature over time as well as the most influential authors, countries, and affiliates. Quotation analysis identifies the most frequently quoted writers, documents, and publications. Finally, we did network and content analysis, as well as grouping by combining bibliography, quotations, and event analysis.

The research was conducted on March 13, 2023, using keywords that are related to anxiety disorder where keyword searches are based on title, abstract and keyword:

TITLE-ABS-KEY ("anxiety disorder" ) AND ( LIMIT-TO ( PUBSTAGE , "final" ) ) AND ( LIMIT-TO ( PUBYEAR , 2023 ) ) AND ( LIMIT-TO ( DOCTYPE , "ar" ) ) AND ( LIMIT-TO ( LANGUAGE , "English" ) ) AND ( LIMIT-TO ( AFFILCOUNTRY , "United States" ) OR LIMIT-TO ( AFFILCOUNTRY , "China" ) OR LIMIT-TO ( AFFILCOUNTRY , "United Kingdom" ) OR LIMIT-TO ( AFFILCOUNTRY , "Canada" ) OR LIMIT-TO ( AFFILCOUNTRY , "Germany" ) OR LIMIT-TO ( AFFILCOUNTRY , "Australia" ) OR LIMIT-TO ( AFFILCOUNTRY , "Italy" ) OR LIMIT-TO ( AFFILCOUNTRY , "Netherlands" ) OR LIMIT-TO ( AFFILCOUNTRY , "Spain" ) OR LIMIT-TO ( AFFILCOUNTRY , "Sweden" ) )

Because of the large number of publications, researchers restricted themselves to the year, the final stage of publication, the English language, the 10 countries with the most publications, and the source type only of the journal. Researchers use a computer database to search for information based on the selected keyword. Scopus is the name of the online database used for this job. Because the database has grown into the largest scientific organization and has a good name. So that quality, guaranteed journal papers are easy to find. Based on the keywords used in the first search, 127,513 published papers were found. But after limiting the number of releases to 988 documents, In finding this article, it was only done in 2023. Based on the researchers' discovery of the first article on anxiety disorder in 1945 and a number of other publications.

**Table 2.** Anxiety disorder first appeared in a journal article

Autor	Title	Reference	year
D. Ewen cameron	Some relationships between excitement, depression and anxiety	The American Journal Of Psychiatry 102, pp. 385-394	1945
Graham, j.d.	Static Tremor In Anxiety States	Journal Of Neurology, Neurosurgery, And Psychiatry 8, pp. 57-60	1945

Once we got the first results, we checked all the parts to see if they met the criteria for this study. The criteria used to filter search results are research written in English, only published final articles are used, and only articles published in 2023 are used. So, no papers, reviews, books, opinions, conference reviews, errata, data papers, books, conference proceedings, book series, or trade journals were found after completing the chapters of the book in the data set. It aims to get a good scientific contribution only from the journal with the latest final papers in English from the top 10 countries, namely the United States, China, Great Britain, Canada, Germany, Australia, Italy, the Netherlands, Spain, and Sweden. When a similar article is found, the article is also deleted. Then, when a change is made, the result is saved as a CSV file name. The created CSV file is used to analyze the data further (Tabel 3).

**Table 3.** Advanced data analysis

Keyword search	Number of scopus documents
TITLE-ABS-KEY ("anxiety disorder" ) AND ( LIMIT-TO ( PUBSTAGE , "final" ) ) AND ( LIMIT-TO ( PUBYEAR , 2023 ) ) AND ( LIMIT-TO ( DOCTYPE , "ar" ) ) AND ( LIMIT-TO ( LANGUAGE , "English" ) ) AND ( LIMIT-	988



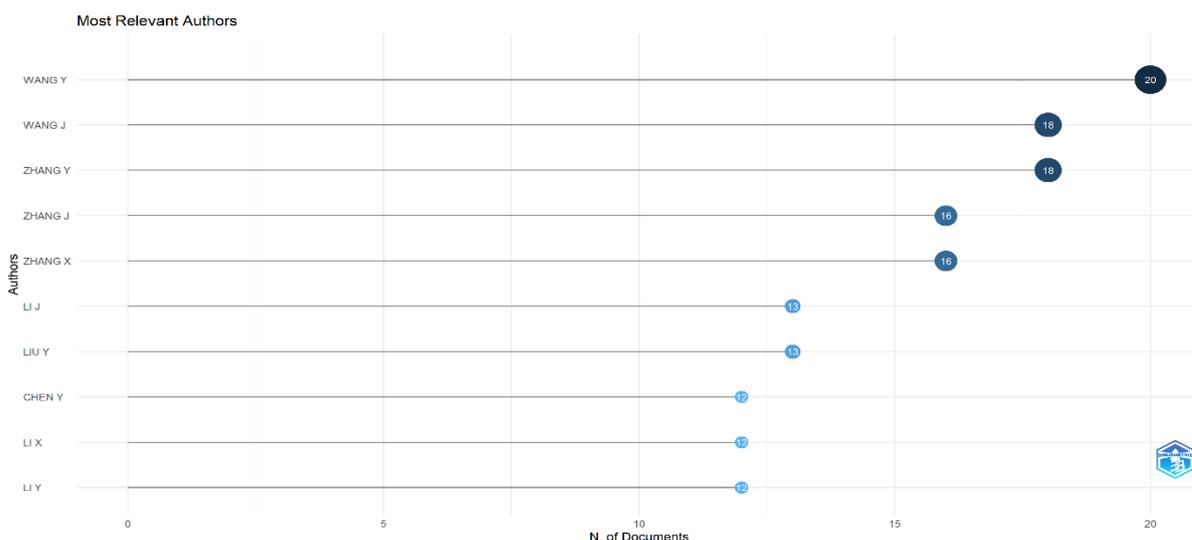


Figure 3 Most relevant authors

Figure 3 explains that the 10 most active authors in the publication relate to anxiety disorder. It can be noted that Wang Y has the most publications of 20 documents, followed by Wang J and Zhang Y with 18 publications, followed by Zhang J and X with 16 publications. The other authors with 13 publications are Li J and Liu Y, and the other three authors are Chen Y, Li X, and Li Y with 13.

*RQ2: What are the main keywords in anxiety disorder research?*

In this section, a bibliometric analysis is performed to display results based on the most commonly used keywords. It's very helpful because it tells us what has been checked in the last year 2023. Vosviewer also has a cluster analysis, which shows how various topics are related (Hudha et al. 2020; Hamidah, Sriyono, and Hudha 2020), as in research on this anxiety disorder.

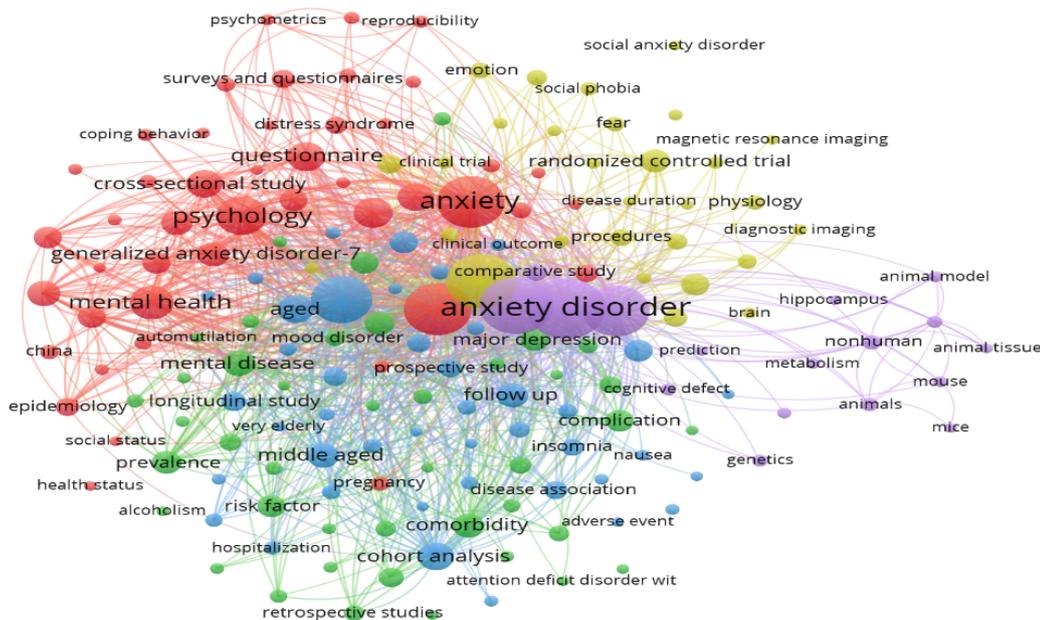
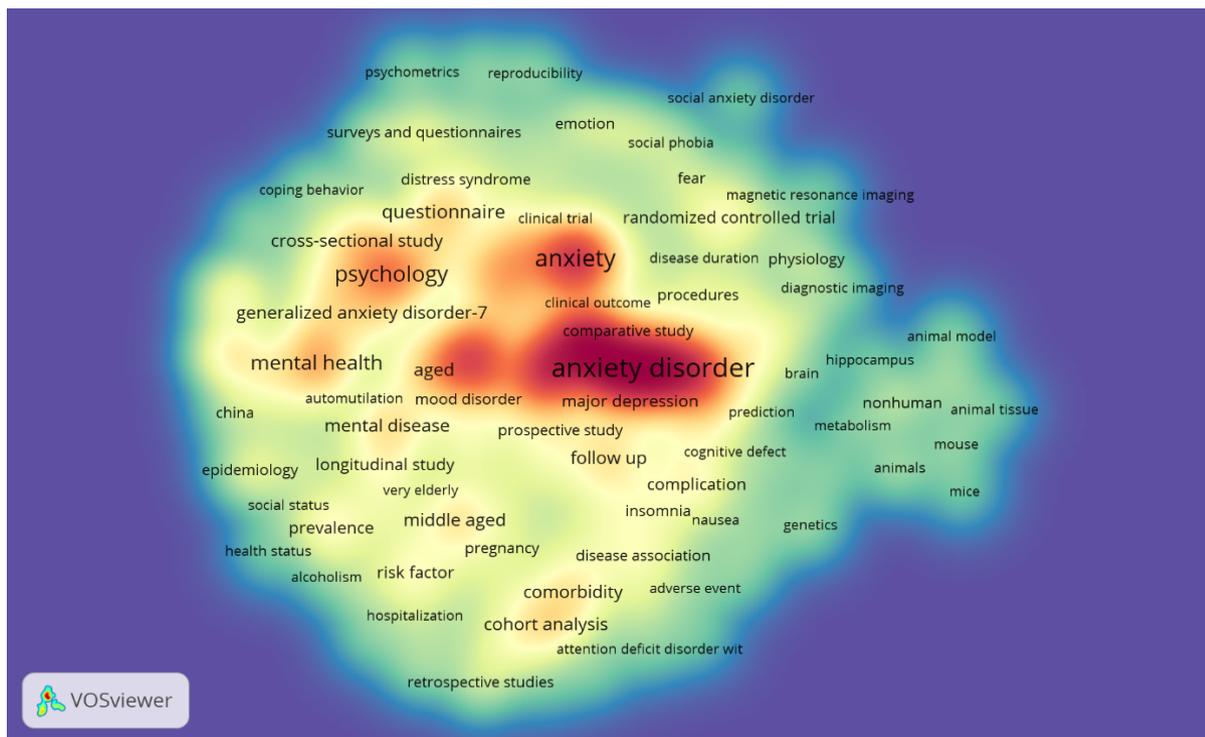


Figure 4a Scopus database visualization through vosviewer based on keyword



**Figure 4b** Density visualization keyword

In Figure 4a and 4b, the circle is how Vosviewer labels and represents items (keywords) related to the themes of Islamic education research. The larger the circle size, the more important the item or keyword that appears frequently. How many times something appears determines how big it is. Since the word anxiety disorder is the most widely used, it makes sense if it's the most researched topic. So, when each object is colored, each group of circles has a different color (van Eck 2010).

Vosviewer is used to obtain results from bibliometric data based on how often the author's phrase appears. At least twenty conversations are used to find out how often keywords are used. Then we found 7902 keywords, but only 180 are pretty good. After looking at the data, the author produced a total of four groups of popular study topics on anxiety disorder. These clusters are indicated by circles of the same color.

*RQ3: What are potential topics for future studies in the field of research related to anxiety disorder?*

In Figure 4a, a network image shows how the four groups in the area studied are connected. Each cluster consists of many terms, which indicates that the structure is very similar. For each cluster, there are a number of keywords that often pop up and indicate where previous research focused their research. As indicated in the purple area of the cluster, the first term that emerges is anxiety disorder. On cluster one, this tends to focus on controlled studies, genetics, the hippocampus, animal experiments, cognitive defects, unclassified drugs, and metabolism. This second cluster focuses on physiology, cognitive behavior therapy, cognition, emotion, a randomized controlled trial, social phobia, the Beck Depression Inventory, diagnostic imaging, and social anxiety disorder. Next, the third cluster is described with a red color that focuses on the term depression. This cluster focuses on mental health, coping behavior, stress, psychometry, generalized anxiety disorder-7, and self-reporting. Then the last cluster is targeted with the term blue color, which appears to be a major clinical study. This cluster focuses on prospective studies, quality of life, disease severity, insomnia, longitudinal studies, and age.

**Table 3.** Result analysis cluster

Cluster	Most popular keywords	Keyword
First cluster	Anxiety Disorder (8788)	Controlled study (7226), genetics (378), hippocampus (238), animal experiment (343), cognitive difect (459), unclassified drug (300), dan metabolism (294).
Second cluster	Adult (8370)	Physiology (476), cognitive behavior therapy (569), cognition (724), emotion (628), randomized controlled trial (1250), social phobia (534), beck depression inventory (375), diagnostic imaging (389) dan social anxiety disorder (148).
Third cluster	Depression (7427)	Mental health (3325), coping behavior (458), stress (381), psychometry (424), generalized anxiety disorder-7 (1911), dan selfreport (1548).
Fourth cluster	Major clinical study (6892)	Prospective study (1113), quality of life (1447), disease severity (1604), insomnia (886), longitudinal study (1399), dan aged (2469).

\* Number obtained based on total link strength \*

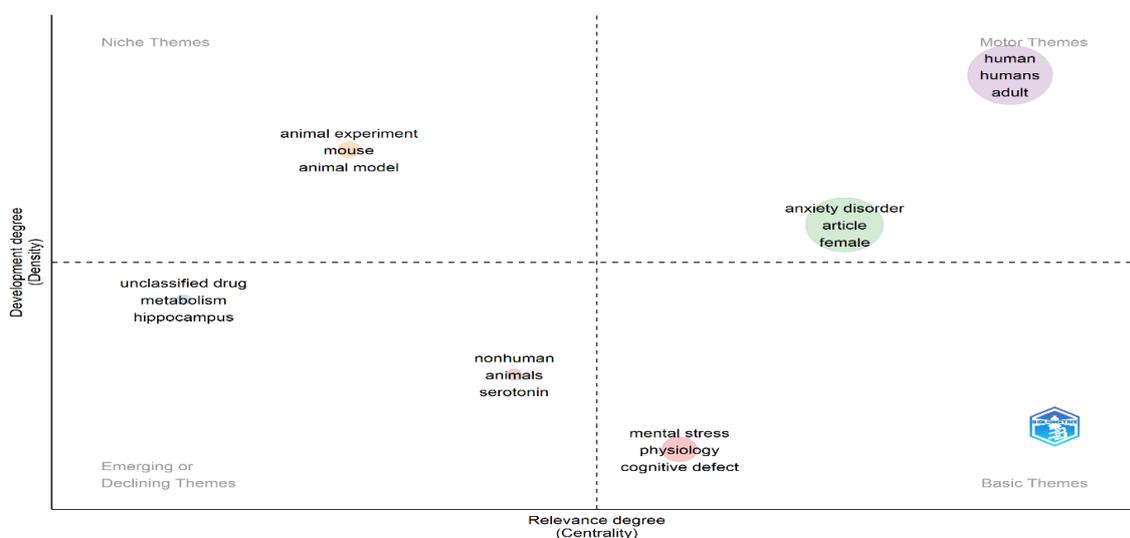
The massive public health crisis caused by the rapid spread of coronavirus 2019 (COVID-19) and large-scale public health measures such as social isolation and school closures imposed by some countries have a significant negative impact on physical and mental conditions. health of children and adolescents around the world (Hofmann et al., 2023; Yang et al., 2023; Stewart et al., 2023). According to Mesquita et al. (2023), to test the influence of the government response to the 2019 coronavirus outbreak (COVID-19), measured by the Containment and Health Index (CHI), on symptoms of anxiety and depression during pregnancy and postpartum, consider taking into account the Human Development Index (IHDI) adjusted to individual variations and factors such as age, gestation, and exposure to COVID-19. The context affects perinatal mental health, with women from less-capable countries at greater risk of experiencing poor mental health. At least during the early stages of the COVID-19 outbreak, the implementation of more stringent measures appears to be a protective factor for mental health. During pandemics, depression and anxiety are common among students and can affect their motivation to obey health advice (Ncheke et al., 2023; Riazi et al., 2023).

In fact, in this case, the government should prioritize the issue of older psychological health by raising public awareness of issues related to older psychologic health. Besides, they should test high-risk groups for anxiety and sadness and encourage them to seek treatment (Lu et al., 2023; Li et al., 2023). General anxiety disorder (GAD) and major depressive disorder (MDD) are the leading causes of disability and premature death. It is estimated that around 300 million people worldwide suffer from severe depressive disorders, which is equivalent to 4% of the global population. (Chodavadia et al., 2023). Given its high frequency, comorbidities, functional disorders, and association with increased consumption of services, subthreshold depression (SD) is a mental health problem worldwide. (Lv et al., 2023). Even anxiety disorder affects patients who take illegal drugs. (Chen et al., 2023).

Discourse related to adolescents also relates to drugs used to heal mental health. Such functional changes can serve as a biomarker of neuroimaging for adolescents with threshold personality disorder experiencing childhood trauma (Xiao et al., 2023). Escitalopram (ESC) is also approved for treating major depressive disorder (MDD) and general anxiety disorder (GAD). (Hart et al., 2022). Ricciardulli et al. (2022) also say that long-term use of benzodiazepines or Z drugs should be watched in women who take sleeping pills for insomnia. Doctors should also know about the risks of tardive syndrome that come with zolpidem use, especially when long-term doses are too high. Alcohol abuse induces nerve inflammation, resulting in additional nerve damage and memory and cognitive impairment. (Wei et al., 2023). Stress that occurs can have an impact on anxiety disorders (Smiley et al., 2023).

However, artesunate can prevent symptoms of depression and anxiety induced by systemic lipopolysaccharides (LPS), strongly demonstrating its preventive potential in the treatment of depression and possible other mental illnesses associated with inflammation and oxidative stress. (Huang et al., 2023). Substance use behavior and pain-related disorders are associated with an increased probability of suicide attempts, explaining the critical cause mechanism behind significant public health problems like anxiety disorder (Campos et al., 2023).

Avoidance of emotional contrast is an excellent predictor for general anxiety disorder, major depressive disorder, and social anxiety disorder. It appears that the disease is equally sensitive to and avoids negative emotional contrast (Newman et al., 2023). And according to LaFreniere and Newman (2023), enjoyable activities may be worthy of alleviating general anxiety disorder and significantly reducing contrast avoidance.



**Figure 5** Thematic map of potential future topics

Figure 5 shows that there are some predictable keywords for the future that are still in demand. Among them, the topic of anxiety disorder is still a topic of interest in the future. Other topics can also be related to humans, adults, females, and mental stress. These topics are still in demand because of the high cluster frequency compared to other keywords.

## CONCLUSION

Research related to anxiety disorders in 2023 is still a topic of interest in the future. This year, a lot of anxiety disorder research has been done that refers to mental health in adolescents. Currently, the author with the most publications related to the theme is Wang Y, with a total of 20 publications, followed by Wang J and Zhang Y with 18 publications. The study was conducted only in the top 10 countries with high publications, including the United States, China, the United Kingdom, Canada, Germany, Australia, Italy, the Netherlands, Spain, and Sweden. Then, as expected, anxiety disorder became the focus of keyword analysis. This suggests that research related to anxiety disorders will still be in demand by 2023. As material for consideration, some of the topics that are still in demand in the future include human, adult, female, and also mental stress.

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