Abstract: Objective: We investigated the associations between anxiety and depressive symptoms in normal subjects and patients with mood and/or anxiety disorders, using the Japanese version of Spielberger’s STAI and the Zung SDS. Methods: The subjects for the present study were 60 normal subjects, 15 patients with anxiety disorders and, 12 patients with mood disorders meeting the DSM-IV diagnostic criteria. Informed consent was obtained from all subjects. Results: 1) Both the mean total state-anxiety (S-anxiety) and trait-anxiety (T-anxiety) scores were significantly higher in patients with anxiety disorders and mood disorders than in normal subjects. 2) The mean total SDS score was significantly higher in patients with anxiety disorders and mood disorders than in normal subjects. 3) In normal subjects, there were significant positive correlations between the total T- and S-anxiety scores and total SDS scores. 4) In patients with anxiety disorders, there were significant positive correlations between the total T- and S-anxiety scores and total SDS scores. 5) In patients with mood disorders, there were nonsignificant positive correlations between the total T- and S-anxiety scores and total SDS scores. Conclusion: Our results might provide support for the existence of common underlying mechanisms to anxiety and depression. J. Med. Invest. 47: 14-18, 2000

Keywords: anxiety, anxiety disorder, depression, mood disorder
1. Anxiety

2. Depressive symptoms
3. Relationship between anxiety and depressive symptoms

The relation between anxiety and depressive symptoms has been extensively studied. A systematic review by Y. Kaneda et al. (2012) suggested a significant positive correlation between anxiety and depression. The findings were supported by a meta-analysis conducted by M. Smith et al. (2013), which further emphasized the strong association between the two conditions. These studies highlighted the importance of considering anxiety and depression as interrelated mental health issues. It is crucial for clinicians to recognize the overlap of symptoms and develop tailored treatment plans. The integration of psychological interventions, such as cognitive-behavioral therapy, can effectively manage the co-occurrence of anxiety and depression. Moreover, the development of new medication strategies aimed at targeting both anxiety and depression is an area of active research, offering hope for improved outcomes for patients.
A. Mood disorders (Major depressive disorder)

B. Anxiety disorders (Generalized anxiety disorder)