









FIGURE 1: A note about non-perinatal anxiety

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A search of the terms “anxiety disorders or anxiety or generalized anxiety disorder” AND “lived experience or phenomenology or life experience” in TITLE, limited to 2008-2020, using CINAHL, Medline, Scopus, Psychinfo, Science Direct, and Social Science Citation Index databases yielded 77 results (after duplicates removed). These references were searched for studies exploring the experience of anxiety in general terms, of which there were none in this sample. Anxiety is usually studied in relation to an event or situation, rather than examined as a standalone experience. Eight papers were extracted for review, and three of these papers focussed on the lived experience of anxiety (in relation to a particular life event). Anxiety as described in these studies, showed some similar characteristics with the experience of anxiety in perinatal groups (Helterschou & Martinsen, 2011; Leone, Ray, & Evans, 2013; Sun et al., 2016). Full analysis of this work is outside the scope of this paper; however it is worth noting that the concept of anxiety in non-perinatal populations is likely to share some characteristics with the perinatal cohort.