

Impact report

**Anxiety Leeds
August 2017**



Summary

In July 2017, we asked our users to provide feedback on their experience of Anxiety Leeds. We invited everyone on our mailing list to participate, from seasoned veterans of the group to people who had never been before.

Our aims

1. To provide a safe and welcoming environment for people who suffer from anxiety.
2. To provide service user lead discussions.
3. To provide an environment that encourages mutual support and encouragement between service users.

Results

Our users come from a wide variety of age groups. Most struggle with correlated issues including depression and physical health problems. This puts a strain on many different aspects of their lives, especially relationships and socialising.

People attend Anxiety Leeds to meet others with anxiety and discover new peer-sourced treatment ideas and coping strategies. Doing so does not usually reduce their anxiety, but does boost their mood and leave them feeling more positive.

Conclusion

These results represent a positive result for Anxiety Leeds. Our aims are to provide a friendly and supportive atmosphere for peer-led discussions, and the results suggest we are succeeding in this. 71% of people feel less alone after attending our sessions.

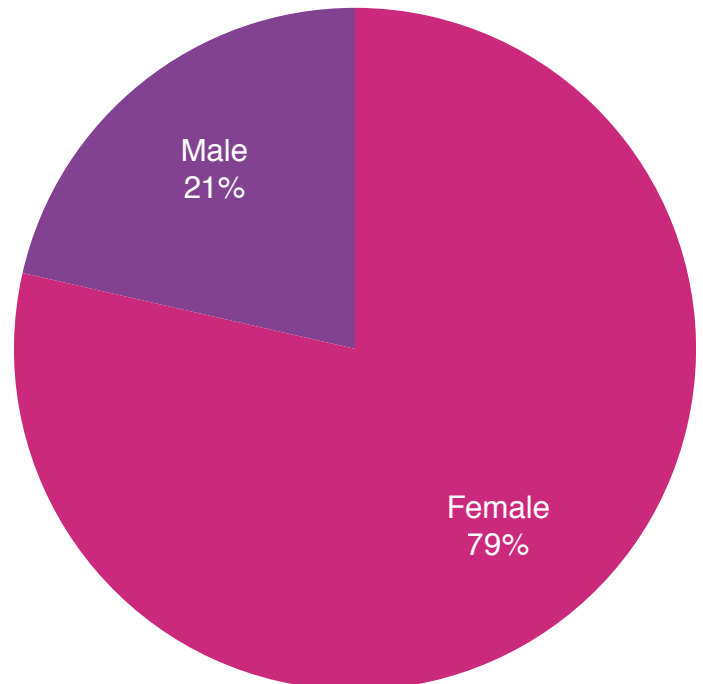
While it would be nice to think we can cure people's anxiety, we have always been clear that we are not a treatment in itself. Despite this, 40% of people find that attending the group does reduce their day-to-day anxiety.



Who uses Anxiety Leads?

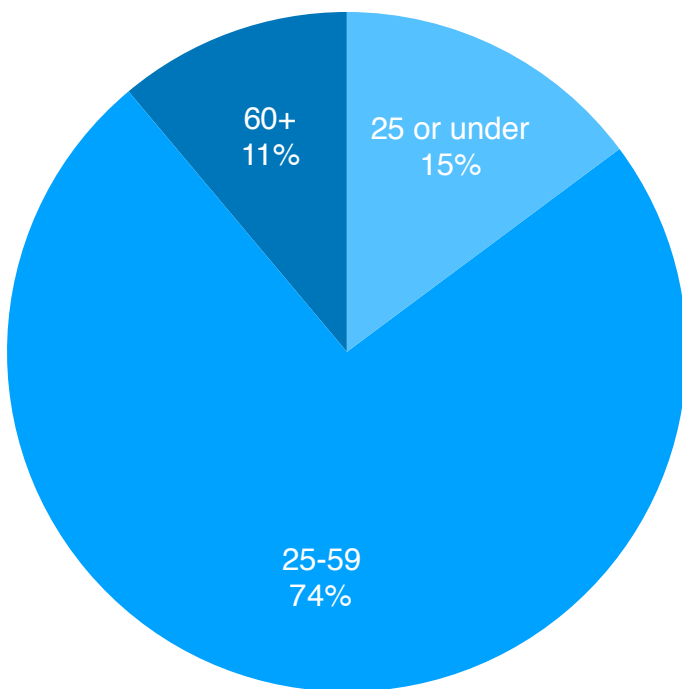
Gender

Predominantly female, though this may not represent who turns up to meetings.



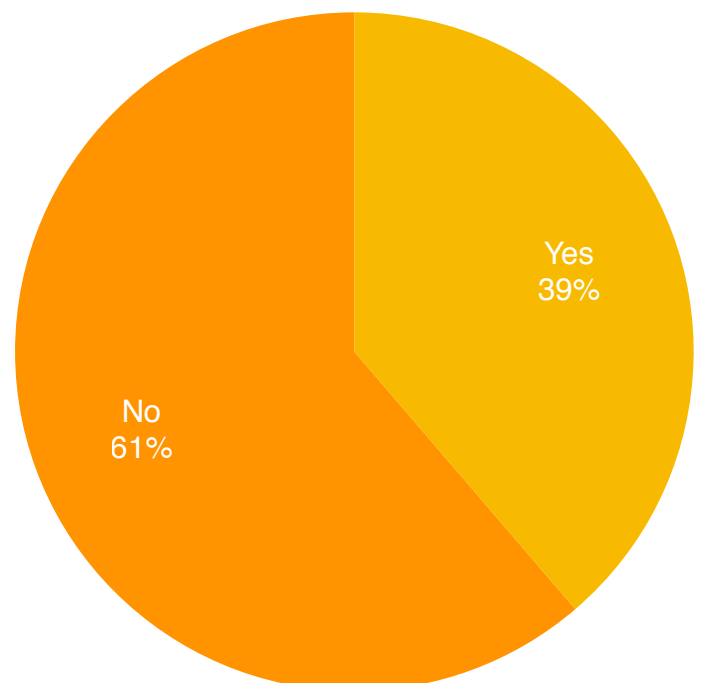
Age

We support a wide range of individuals from students to retired people.

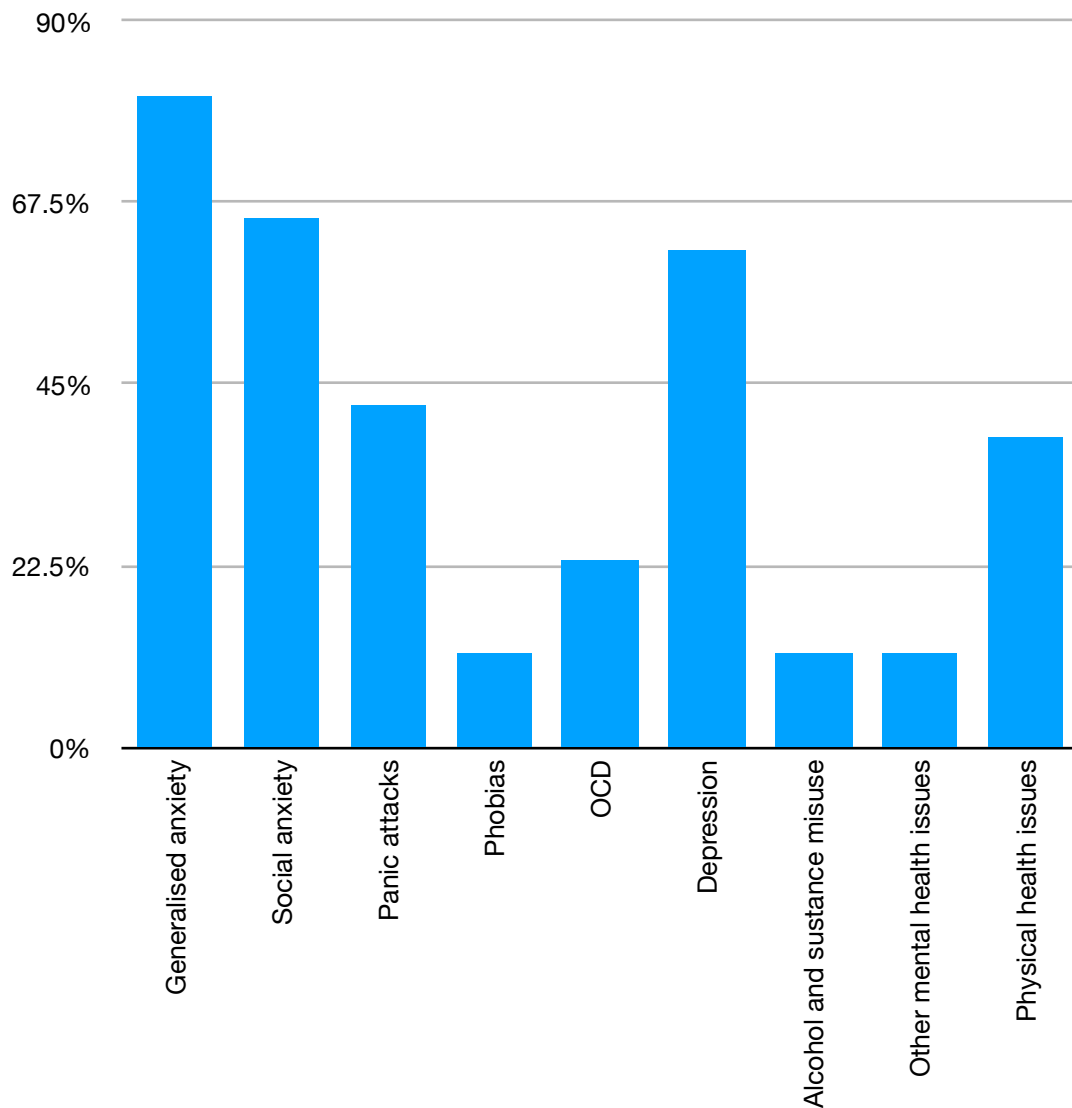


Have you attended a peer support meeting?

Most people who sign up for our events have never been to peer support before.



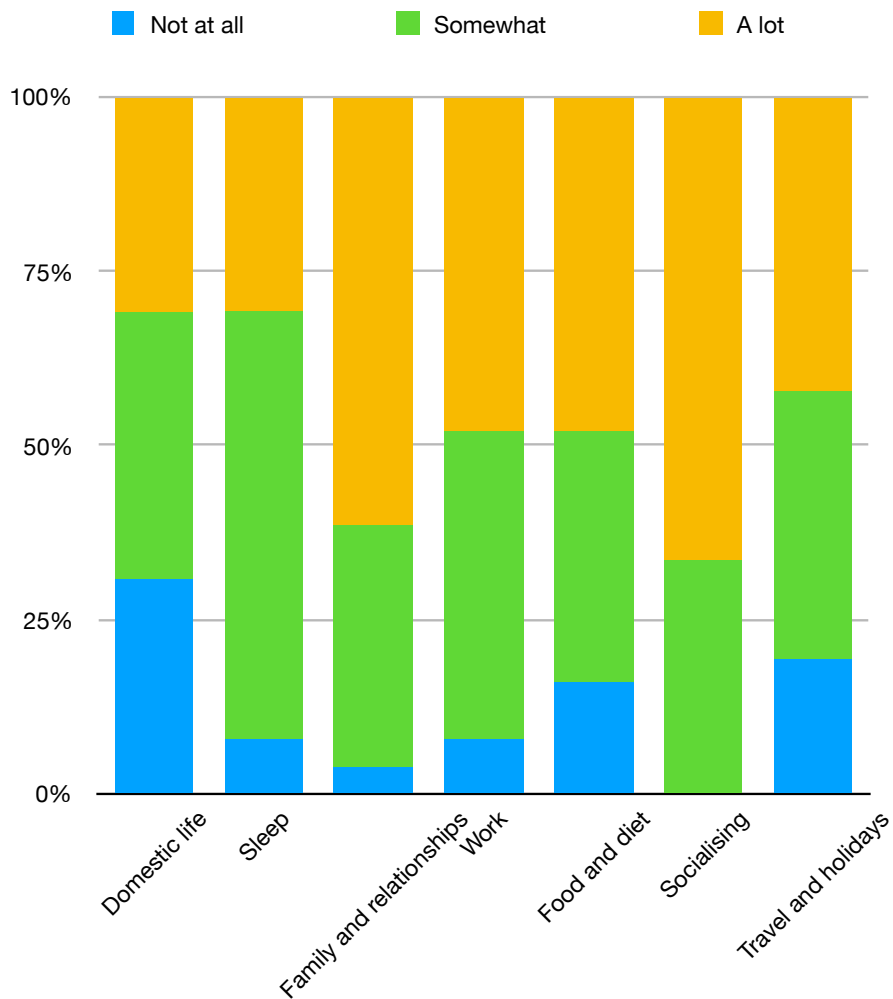
What problems do people face?



Generalised anxiety	81%
Social anxiety	65%
Panic attacks	42%
Phobias	12%
OCD	23%
Depression	62%
Alcohol and substance misuse	12%
Other mental health issues	12%
Physical health issues	39%



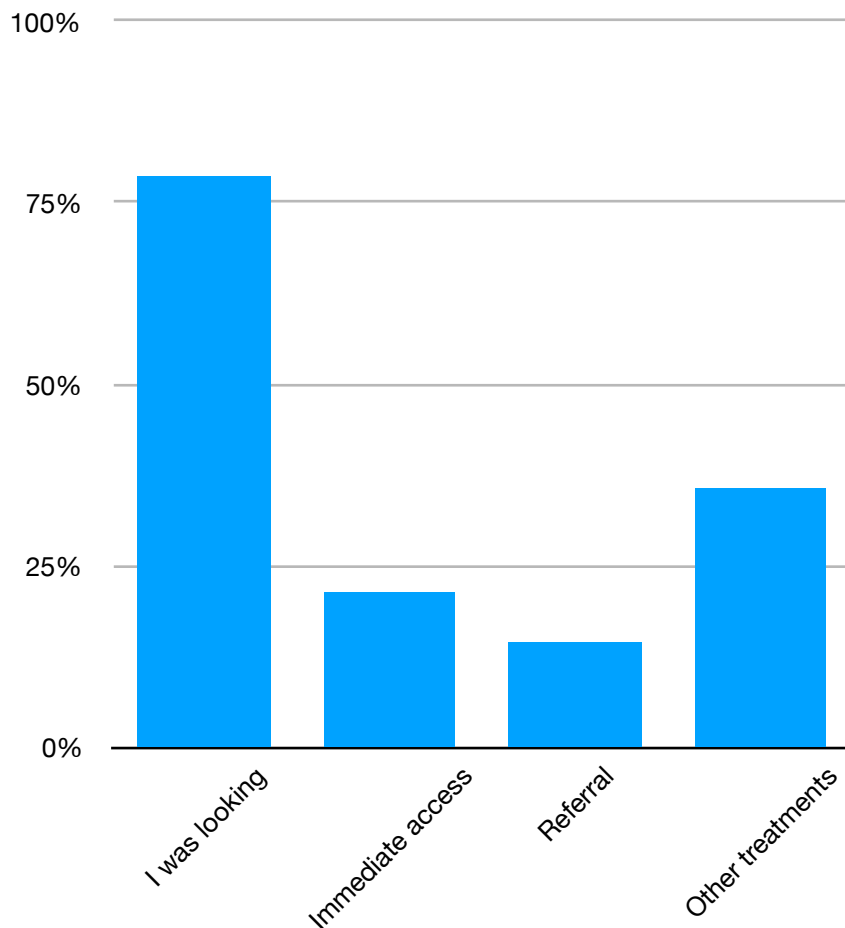
What problems do people face?



Area of life	Not at all	Somewhat	A lot
Domestic life, chores, household tasks	31%	39%	31%
Sleep	8%	62%	31%
Family and relationships	4%	35%	62%
Work	8%	44%	48%
Food and diet	16%	36%	48%
Socialising	0%	33%	67%
Travel and holidays	19%	39%	42%



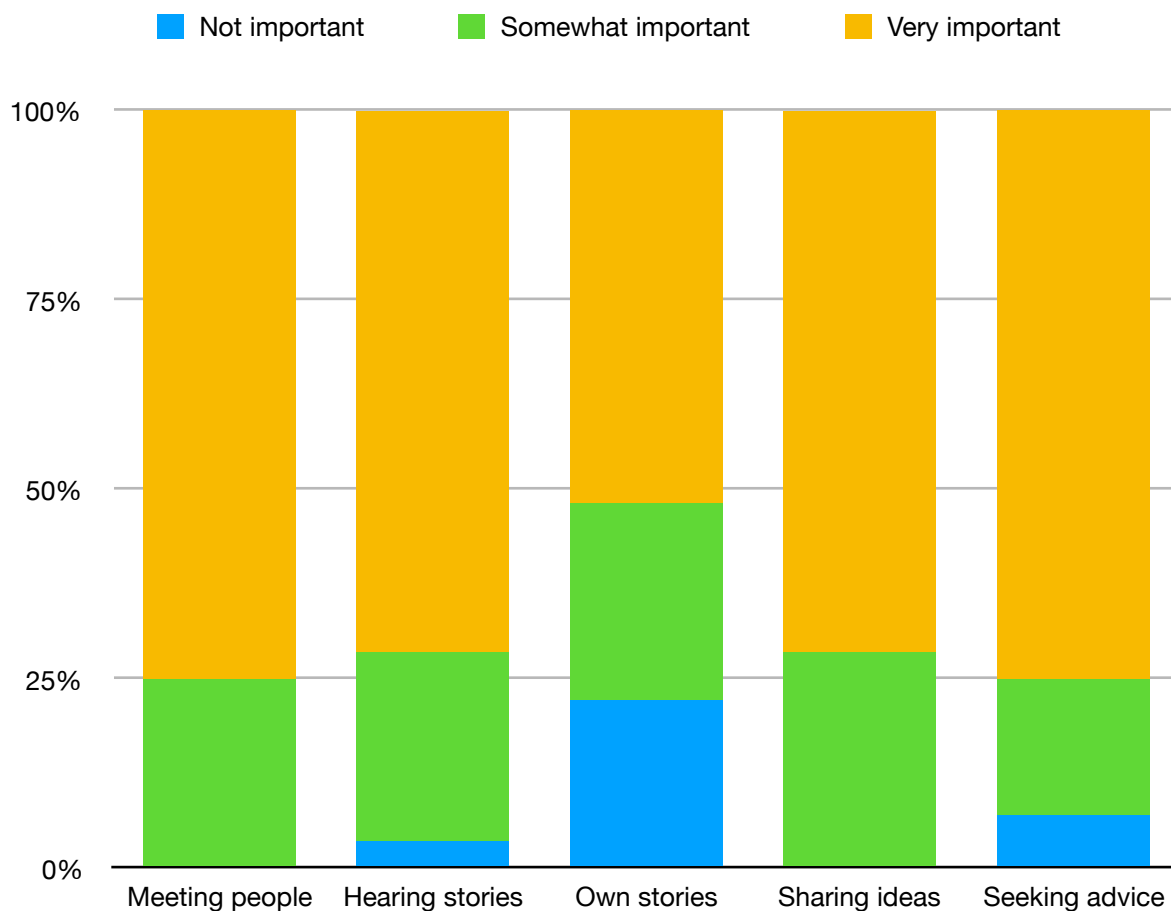
What motivates people to attend?



I was looking for peer support	79%
I was able to access it immediately	21%
A friend or medical professional suggested I should attend	14%
I wanted a support group while seeking other treatment	36%



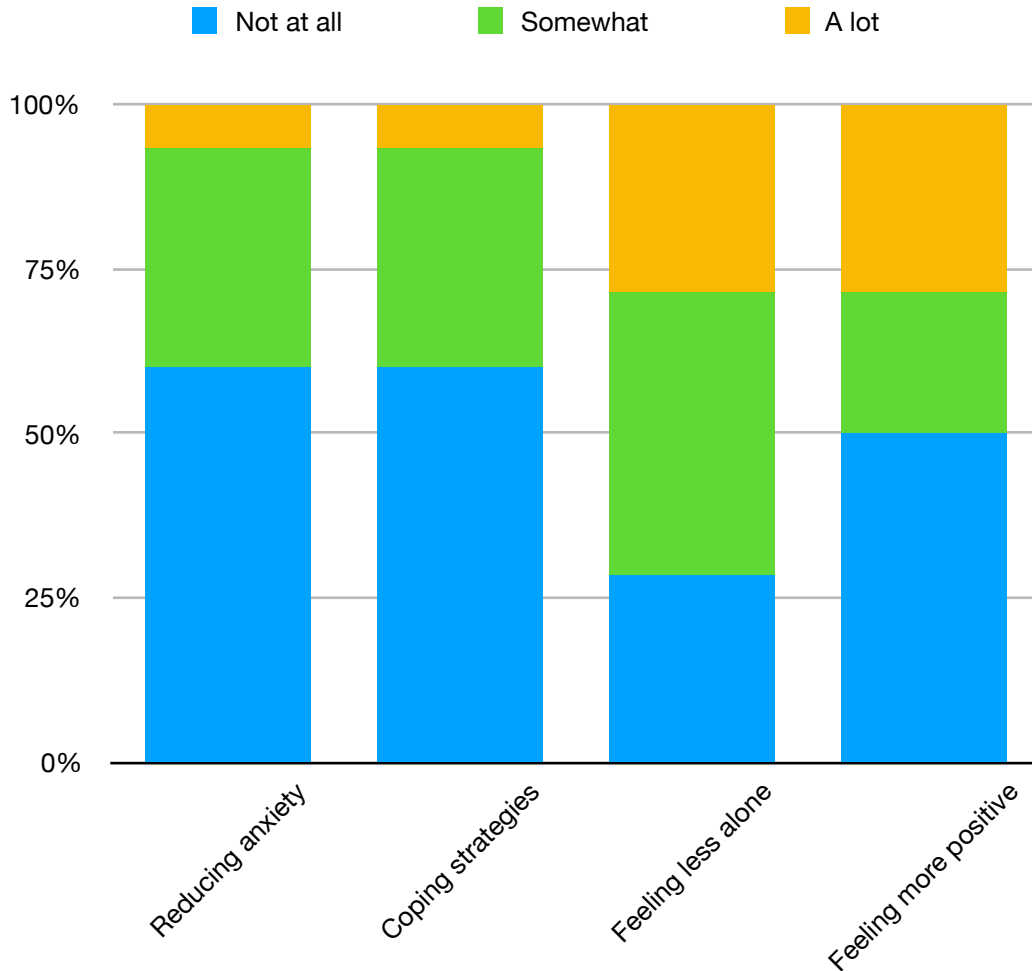
What motivates people to attend?



Feature	Not important	Somewhat important	Very important
Meeting people with similar issues	0%	25%	75%
Hearing other people's stories	4%	25%	71%
Being able to tell my own stories	22%	26%	52%
Sharing treatment advice and ideas	0%	29%	71%
Seeking advice from experienced members and faciliators	7%	18%	75%



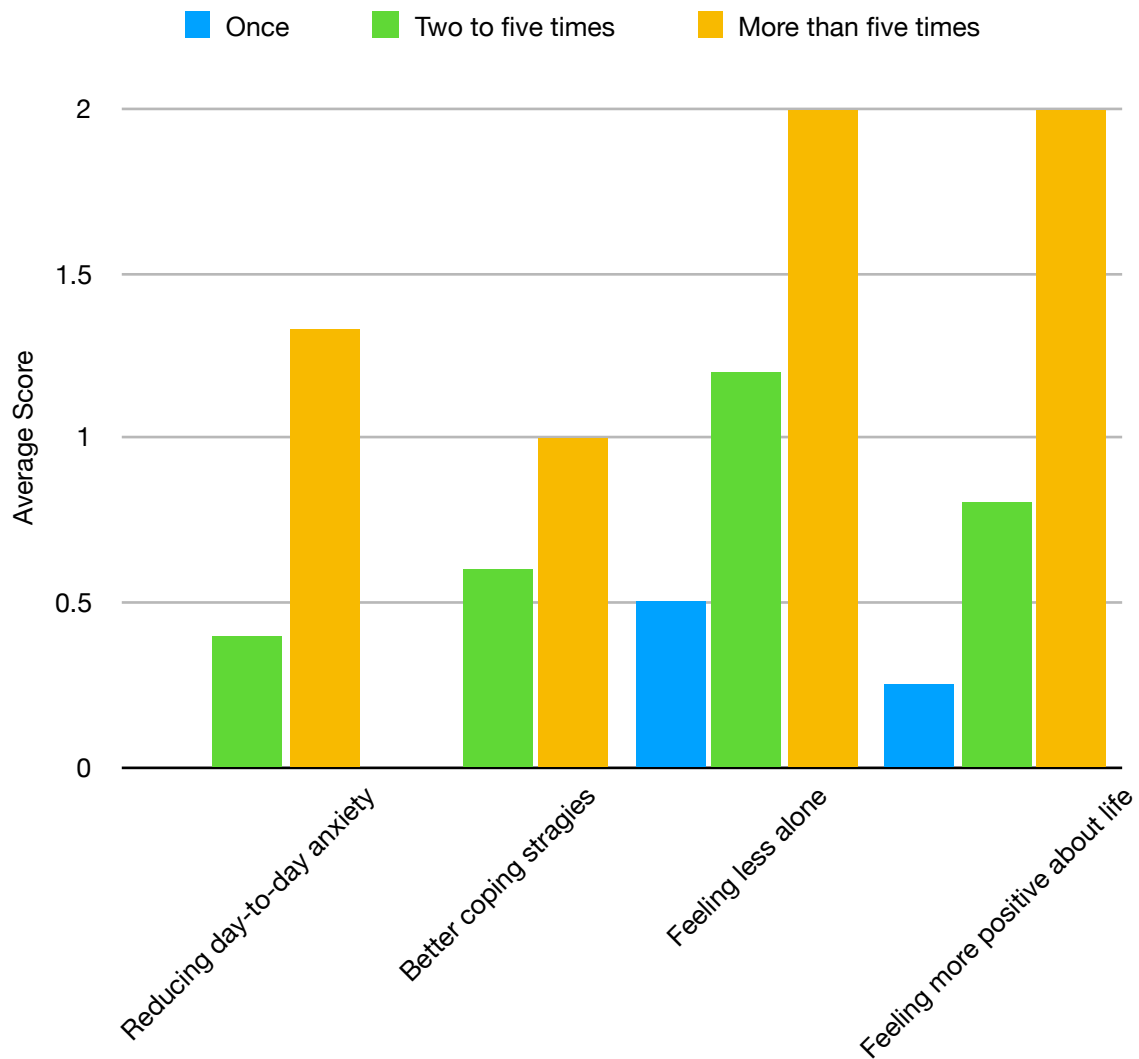
What impact do we have?



How has attending helped?	Not at all	Somewhat	A lot
Reducing day-to-day anxiety	60%	33%	7%
Giving you better coping strategies	60%	33%	7%
Feeling less alone	29%	43%	29%
Feeling more positive about life	50%	21%	29%



What effect does attendance have?



This graph requires careful interpretation. We split the data into attendance cohorts based on how many meetings each respondent had been to. Scores were calculated based on assigning each step a points value and then averaging the result.

The data show a clear correlation between attending more meetings and feeling better. However, it does not show a causative link. It may be that there is one, or it may be that some people are predisposed to get more from peer support, and naturally stick around longer. We would like to believe the former, and other research on group work would support this idea, but more research would be needed before we could say this was the case.



Anxiety Leeds

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Registered charity 1137220.

