Frequency of anxiety after stroke: an updated systematic review and meta-analysis of observational studies

Peter Knapp, Alexander Dunn-Roberts, Nimah Sahib, Liz Cook, Felicity Astin, Eirini Kontou and Shirley A Thomas.

Abstract

Background

Anxiety is a common and distressing problem after stroke. A previous systematic review of observational studies [1] included 44 studies published to March 2011 and reported rates of anxiety as 18.3% when diagnosed by interview and 24.3% by rating scale. The review needed updating: there were known to be more recent primary studies of anxiety after stroke and some sub-group analyses had previously been based on small samples, with resultant imprecision.

Aims

To undertake an updated systematic review and meta-analysis of observational studies of anxiety after stroke and integrate the findings with those reported previously.

Summary of review

Multiple databases were searched to May 2018 and 53 new studies were included following dual independent sifting and data extraction. These were combined with 44 previous studies to form a combined dataset of 97 studies, comprising 22,262 participants. Studies using interview methods were of higher quality. Rates of anxiety by interview were 18.7% (95% CI 12.5, 24.9%) and 24.3% (95% CI 21.7, 26.9%) by rating scale. Rates of anxiety did not lower meaningfully up to 24 months after stroke. Eight different anxiety sub-types were also reported.

Conclusions

The updated review has confirmed that anxiety occurs in around 1 in 4 patients (by rating scale) and 1 in 5 patients (by interview). More research on anxiety sub-types is needed for an informed understanding of its effects and the development of interventions.
Background

Mood problems are common after stroke with reported rates of depression, apathy and distress significantly higher than in the general population [2,3]. Anxiety is common in the general population [4] but its presence in stroke patients has been relatively under-recognised both in clinical and research settings. A systematic review of observational studies [1] included 44 studies and reported rates of anxiety as 18.3% when diagnosed by interview and 24.3% by rating scale. The review reported that rates lowered with time after stroke, although they remained higher than in the general population [4]. However the inclusion of relatively small numbers of studies at some time points meant that there was considerable imprecision in rates. Furthermore studies had also used a number of different scales and cut-off scores to define anxiety, producing considerable uncertainty around the true rate.

More recent research has argued for the importance of subtypes of anxiety (for example, panic disorder; specific or simple phobias) for understanding its impact and for developing and delivering suitable interventions [5] or adapting those shown to be effective in the general adult population [6]. Our review in 2013 had recorded sub-types when they were reported in primary studies but this information was available in only 3 of the 8 relevant studies.

Our review of 44 studies had searched databases until March 2011 and we are aware of the publication since then of further, potentially relevant studies. Another recent review in this area [7] was limited to publications over 2011-17, from a small range of languages, and only those using self-report measures of anxiety. Consequently, updating the Campbell-Burton (2013) review [1] could have several potential benefits, not only making the findings more current but also potentially increasing the sample size and precision, particularly on sub-group analyses. Therefore the aims of this study were to undertake an updated systematic review of observational studies of anxiety after stroke; to integrate the findings with those previously reported [1]; and to disaggregate rates of anxiety by sub-type, rating scale and time after stroke.

Method

This review and the original systematic review [1] were both undertaken according to the PRISMA guidelines [8]. The review update protocol was registered on PROSPERO: CRD42018093718.

Inclusion / exclusion criteria

Studies were included if undertaken in populations or groups of patients with a clinical diagnosis of haemorrhagic or ischaemic stroke or transient ischaemic attack (TIA) and were assessed for symptoms of anxiety on a rating scale such as the Hospital Anxiety and Depression Scale (HADS) [9] or were diagnosed by clinical interview. We translated papers published in languages other than English if the title and abstract indicated potential eligibility. We excluded studies if they:

- used proxy measures of anxiety;
- were intervention studies;
- were limited to patients with subarachnoid haemorrhage or other specific stroke sub-types or demographic characteristics;
were not designed to screen expressly for anxiety, or used non-specific measures of psychological distress;
- used retrospective recruitment or mood reporting;
- employed convenience sampling;
- reported anxiety as a continuous outcome and we could not derive a categorical assessment.

**Study identification and data extraction**

We searched the following digital databases: Medline, Embase, CINAHL, PsycINFO, Allied and Complementary Medicine and Proquest dissertation, using a search strategy developed in Medline (see Appendix 1) and adapted to the other databases. We restricted the search to studies published from January 2009 (to ensure relevant studies were not missed) to May 2018 and applied no language restrictions. The search was undertaken by one investigator (XXX) and screening of title and abstract was undertaken by XXX with a second reviewer (XX) and decisions taken against the selection criteria. Independent data extraction was performed by two reviewers (two of: XXX, XX, XX) for all eligible studies.

**Quality of evidence**

We extracted information on study design, setting and patient characteristics. Study quality was assessed using the Newcastle-Ottawa Scale (NOS) for cohort studies [10], see Appendix 2, which includes eight criteria. One criterion (comparability of cohorts) was recorded as not applicable because the included studies were all reporting prevalence rates derived from a single cohort. Study quality was not used to determine inclusion. Finally we assessed the quality of the 44 studies included in the original review using the NOS measure.

**Data synthesis**

We combined the studies reported in the 2013 review with those identified in the update.

Studies were grouped into two categories based on method of case ascertainment: those using clinical interview for diagnosis; and those using a rating scale. We also extracted data on rates: at five different time points after stroke (up to 1 month; 1-5 months; 6-12 months; 12-24 months; over 24 months) and did this separately for interview and rating scale studies; from different rating scales or different caseness thresholds on the same scale (using whatever had been used in the primary data study); and, for interview-based studies only, rates of anxiety sub-types.

We undertook several meta-analyses. We excluded from pooling one study [11] using the hierarchical diagnostic rule in the Diagnostic and Statistical Manual-III (DSM-III) [12], meaning that anxiety is not diagnosed in the presence of depression, which may falsely deflate the reported rate of anxiety. For studies using rating scales we used whatever caseness threshold had been used by the primary researchers. When studies reported rates of anxiety at more than one time period, we used the first-reported time period as the primary outcome prevalence rate.

The random effects model was used to summarize data. Chi-square was used to test for subgroup differences, and heterogeneity among the studies was assessed by the I-squared statistic. We used Review Manager 5.3 [13] for data analysis.
Results

The search from 2009 to 2018 produced 22,564 unique references (see Figure 1), of which 53 met the inclusion criteria and had not been included in the 2013 review, including three translated from non-English language publications. The following results are based on the integrated data set of 97 studies, comprising 44 studies from the original review [11, 14-58] and 53 studies from the update [59-114] (see Table 1).

Study characteristics

The 97 studies included 26,262 participants and had been published between 1984 and 2018. Most had recruited patients from hospital (52), while other settings were rehabilitation (19), general population (15), a combination of settings (2) or not reported (8). Most studies were cross-sectional (78) or longitudinal cohort in design (15), although one used a case-control design and the design was not reported in two cases. Cohort studies included a range of data collection time points: 2 time points (n=4); 3 time points (n=4); 4 time points (n=4); 5 time points (n=2); 13 time points (n=1). Anxiety was recorded in patients in a very wide range of time periods after stroke (from 2 weeks to 10 years).

The studies had been undertaken in 34 different countries: UK (18); Netherlands (5); Norway, Italy, China and Australia (4 each); Sweden, Nigeria, Japan, India, Ireland, New Zealand, and Bosnia & Herzegovina (3 each); Thailand, Switzerland, South Korea, USA, Hong Kong and Croatia (2 each); and Benin, Brazil, Spain, Ukraine, Bahrain, Turkey, Tanzania, Finland, Slovakia, Georgia, Russia, France and Germany (1 each). Two studies were undertaken in more than 1 country; the country of origin was not reported in 6 studies.

Measurement and assessment of anxiety

Clinical diagnoses of anxiety disorder were made in 10 studies in accordance with different versions of the DSM (3 studies used the DSM-III [12]; 2 the DSM-III-R [115]; 5 used the DSM-IV [116]). The remaining studies used other interview methods: Structured Clinical Interview for DSM-V (SCID) [117]; Schedules for Clinical Assessment in Neuropsychiatry (SCAN) [118]; Mini-International Neuropsychiatric Interview-Plus (MINI-Plus) [119]; and the CCND-3 [114]. Anxiety prevalence was reported in the interview studies from samples ranging from 50 to 350 participants (total 3,109; median 149.5).

Nine different standardised scales were used to identify anxiety symptoms and generate caseness rates in 78 studies: the Generalised Anxiety Disorder (GAD) [120] (n=1); Hospital Anxiety and Depression Scale (HADS)-Anxiety subscale [9] (n=50); Hamilton Anxiety Rating Scale (HAM-A) [121] (n=7); Neuropsychiatric Inventory (NPI) [122] (n=1); Zung Self-rated Anxiety Scale [123] (n=3); Irritability Depression and Anxiety Scale, Anxiety subscale (IDA-A) [124] (n=1); Beck Anxiety Inventory (BAI) [125] (n=2); Adult Manifest Anxiety Scale (AMAS) [126] (n=1); and the General Health Questionnaire (GHQ-60 anxiety sub-scale) [127] (n=1). In addition, one study used a single question measure of anxiety, and another used a series of five researcher-developed questions. Three of these scales (HADS-A; BAI; HAM-A) were used with more than one caseness threshold. In total 20 different combinations of standardised scales and thresholds were used in the included studies.
Anxiety after stroke SR

Anxiety prevalence was reported in the rating scale studies from samples ranging from 15 to 4,079 participants (total 23,153; median 81).

**Anxiety prevalence**

The overall prevalence of anxiety when assessed by interview ranged from 0.6% to 33.3% in the primary studies. The updated pooled prevalence derived from the 18 included studies was 18.7% (95% confidence interval 12.5 to 24.9%), see Figure 2. Heterogeneity among the included studies was very high (97%).

The assessment of anxiety by rating scale produced rates in the range 4.8% to 63.6% in the 78 included studies. The overall frequency of anxiety ‘caseness’ by rating scale was 24.3% (95% CI 21.7 to 26.9%), see Figure 3. Heterogeneity among the included studies was very high (95%).

Given the difference in prevalence rates obtained from the interview and rating scale studies, it was decided not to calculate a rate combining data from the two study types.

**Pooled anxiety prevalence at different times after stroke**

Pooled rates of anxiety in the acute phase (within 1 month of stroke) were reported as 15.5% (95% CI 6.3 to 24.7%) in seven studies using interview, and as 26.3% (95% CI 18.8 to 33.8%) in 19 studies using rating scales.

At between 1 and 5 months after stroke rates of anxiety by interview were 21.4% (95% CI 19.2 to 23.5%) in eight studies using interview methods, and 24.0% (95% CI 19.3 to 28.6%) in 24 studies using rating scales.

In the 6-12 months period three studies used interview methods and estimated the pooled prevalence as 31.8% (95% CI 17.8 to 27.3%), whereas 17 studies used rating scales and found the rate to be 22.0% (95% CI 16.7 to 27.3%).

At between 12 and 24 months only one study used interview methods to report a rate of 28.8% (95% CI 20.5 to 37.1%), whereas 10 studies used rating scale methods and found an overall rate of 11.0% (95% CI 3.5 to 18.5%).

In the period 24 months to 10 years the rate was reported in 3 studies using interview (20.4%; 95% CI 14.6 to 26.2%) and 10 studies using rating scales (26.0%; 95% CI 18.1 to 34.0%).

**Anxiety prevalence using different caseness thresholds on rating scales**

The rates obtained from meta-analysis were calculated for all combinations of standardised scales and thresholds; however in many cases only one or two studies were included per combination.

Higher numbers per combination were available for the HADS-Anxiety scale, although seven different thresholds had been used and only two (>7 and >10) were reported in at least 10 studies. The reported pooled rates for each HADS-A caseness threshold are as follows: threshold >4, n=3 studies, 37.3% (17.8 to 56.8%); >5, n=2, 27.9% (0.4 to 55.3%); >6, n=1, 41.8% (34.0 to 49.6%); >7,
Anxiety after stroke SR

n=28, 25.1% (20.6 to 29.7%); >8, n=2, 13.9% (-5.8 to 33.6%); >9, n=2, 29.1% (21.6 to 36.5%); >10, n=13, 18.9% (14.4 to 23.4%).

**Anxiety sub-type caseness**

Among the 19 studies that used interview methods to reach a definition of anxiety caseness, 10 also reported the rate of anxiety sub-types.

Agoraphobia was reported in four studies: 8.3% [43], 16.0% [45], 11.5% [47], 5.5% [103], and had a pooled prevalence of 8.4% (95% CI 6.5 to 10.4%; I squared =82%). Social phobia was reported just twice: 2.9% [47]; 2.1% [103], with a pooled prevalence of 2.3% (95% CI 0.9 to 3.7%; I squared 0%). Simple phobia was reported in three studies: 5.0% (OCSP-II), 8.7% [47], 2.1% [103], having a pooled prevalence of 2.1% (95% CI 1.5 to 4.3%; I squared 68%). Rates of Obsessive-Compulsive Disorder (OCD) were reported in two studies: 1.9% [47] and 2.1% [103], with a pooled prevalence of 2.0% (95% CI 0.8 to 3.2%; I squared 0%). Finally, panic disorder was reported in four studies: 2.0% [43], 17.3% [93], 10.6% [47] and 3.1% [103], with a pooled prevalence of 3.7% (95% CI 2.4 to 5.0%; I squared 90%).

Generalised Anxiety Disorder (GAD) was reported in eight studies [43, 45, 47, 59, 73, 81, 86, 103]. However, a pooled prevalence was not calculated because in some studies it is not clear if GAD had been reported as a sub-type of anxiety or as a generic anxiety diagnosis. Similarly rates were not pooled for Phobic Disorder, which was reported in three studies [59, 73, 101], because it is unclear whether the category ‘phobic disorder’ includes all types of phobias or is a distinct phobia sub-type.

**Quality ratings of studies**

Studies were rated on the seven relevant items of the NOS scale [10], with each item ranked as low or high risk of bias. Among the 97 studies low risk of bias was assigned to scale items ranging from 1 out of 7 to 6 out of 7 items (median 4/7). In studies using interview methods the range was 2/7 to 6/7 (median 4/7), and in studies using rating scale methods low risk of bias ranged from 1/7 to 5/7 items (median 4/7). Studies using interview methods had lower risk of bias than studies using rating scales (Mann-Whitney U = 436.5; z = -2.763; p = .0058). Rates of low risk of bias varied considerably across the seven scored items. All 97 studies had low risk for length of follow-up, 83 for ascertainment of exposure, and 81 for representativeness of the exposed cohort. Low risk was present for 62 studies on adequacy of follow-up. Few studies had low risk of bias for the remaining three items: outcome assessment (n=20); anxiety shown not to be present at the study start (n=10); and selection of the non-exposed cohort (n=4).

**Discussion**

**Brief summary of the findings**

This updated systematic review included 53 studies, which were combined with the 44 studies included in the 2013 review [1]. The 97 primary data studies included 19 studies using interview methods and 78 studies using rating scales. The pooled prevalence of anxiety after stroke was 18.7% when diagnosed by interview and 24.3% by self-report rating scale, confirming the rates reported in
the previous review and also confirming the previously reported pattern of lower rates when using interview. Increasing the number of studies in the data pooling produced increased rate precision, particularly for interview studies. Rates of anxiety were relatively stable in the years after stroke.

**Strengths and weaknesses of the study**

The updated and combined review used a number of systematic review methods that increase review rigour and tend to reduce bias: searching of multiple databases; dual, independent screening used to determine entry criteria and for extraction; no language or date limits were applied; included studies were assessed for quality; and data pooling was used and reported when appropriate. We searched ProQuest for dissertations, and included conference abstracts, but otherwise did not search for unpublished studies.

The included primary data studies varied in quality, although study quality was not used as an entry criterion to the review. Studies using interview methods tended to be higher quality. Primary studies were included from many countries, although all studies except three were reported in English; this reflects a common finding in systematic reviews, although it is unclear if this would produce a reporting bias similar to that reported in reviews of intervention studies.

Combining the studies found with those reported in the 2013 review allowed further data pooling, although in some cases the pooled estimates were based on small numbers of primary data studies, and levels of heterogeneity were often very high. Rates were reported using a range of different interview methods and ratings scales (and cut-off scores); data pooling for the overall prevalence calculations used whatever cut-off and timing had been reported in the primary study, which inevitably led to the combination of a variety of methods and reported rates. However it was thought that this potential disadvantage was offset by the advantage gained by increased overall sample size; the rates have now been calculated using aggregate samples of 3,109 (in interview studies) and 23,153 (in rating scale studies).

We excluded studies reporting proxy ratings of anxiety as the focus of the review was on self-rating. However one consequence is the exclusion of studies of patients with strokes causing severe cognitive or language impairment, limiting the review’s external validity.

**What this review adds**

Updating the review led to the addition of a large number of studies published up to 2018, allowing rates to be estimated from 19 studies (for interview) and 78 studies (for rating scale), resulting in increased precision in estimates. Caseness rates generated by interview are confirmed as meaningfully lower than those generated by rating scale (on average anxiety is shown to occur in 1 in 5 patients rather than 1 in 4), a direction of difference replicating that seen in depression after stroke [2,3]. The update confirmed that anxiety continues to be prevalent many years after stroke onset. The review update also allowed the calculation of rates for some anxiety sub-types such as panic disorder and phobias, which were shown to vary considerably, supporting the view [5] that this diagnostic detail is essential for an informed understanding of the phenomenon and development of effective interventions. However it is notable that only small numbers of studies reported sub-types; for example, rates of social phobia and OCD were based on just two studies with
Anxiety after stroke SR

a combined sample size of 293. In some studies it was not clear whether sub-types were
differentiated from a generic anxiety diagnosis.

Implications for research

This updated review has included almost 100 studies and 26,262 participants, reporting the rate of
anxiety after stroke, although in the case of some primary studies, this was not their main objective.
Almost 80 studies reported the rate of anxiety by rating scale and there seems little value in further
new studies adding to this total. However there remains little evidence on rates of anxiety more
than 12 and 24 months after stroke. A crucial advantage in future research would be gained by
greater consensus on the rating scale (and its threshold for caseness) providing the most robust
indication of anxiety after stroke: for example, receiver-operated characteristic (ROC) analysis of
studies using interviews and rating scales could provide this. Further studies into anxiety sub-types
(diagnosed by interview) would provide a useful addition to the published research. Similarly further
studies assessing which factors tend to be associated with the onset and/or persistence of anxiety
after stroke are warranted; quantitative and qualitative research could both make contributions to
answering this important question.

Implications for practice

The updated review has confirmed the high rate of prevalence of anxiety after stroke and also
confirmed that rates are sustained beyond the early months after stroke; that is, beyond what could
be termed the initial reaction to stroke onset and discharge home after hospital admission. This
suggests it is important to continue to assess or screen for anxiety 12 months or more after stroke
onset, although the continued lack of evidence for interventions in this patient group does preclude
evidence-based decisions about treatments if anxiety is identified [129]. Anxiety continues to be a
problem for many patients, which also has implications for the mood and quality of life of unpaid
carers [130], and its rate is similar to that of depression after stroke. Anxiety sub-types reported in
this review tend to have a relatively low prevalence but their presence confirms the impact of
mental health problems, which may compound any physical and cognitive effects of the stroke as
well as cause distress.
Anxiety after stroke SR

Acknowledgments

We acknowledge the contributions of Alexia Campbell Burton, Darren Greenwood, John Holmes and Jenni Murray to the 2013 version of this review.

Declaration of Conflicting Interests

XXXXXXXXXX is an author on one study included in this review. Otherwise the authors have no conflicting interests to declare.

Funding

This work received no specific grant funding. Much of the work for the review update was undertaken by XXXXXXXXX in fulfilling the requirements for a Master’s in Public Health degree at the University of XXXXXXXXX.

References

[1] Campbell Burton CA, Murray J, Holmes J, et al. Frequency of anxiety after stroke: a systematic review and meta-analysis of observational studies. International Journal of Stroke 2013; 8: 545-599.

[2] Hackett ML, Yapa C, Parag V, et al. Frequency of depression after stroke: a systematic review of observational studies. Stroke 2005; 36: 1330-1340.

[3] Hackett ML, Kohler S, O’Brien JT, et al. Neuropsychiatric outcomes of stroke. The Lancet Neurology 2014; 13: 525-534.

[4] Remes O, Brayne C, van der Linde R, et al. A systematic review of reviews on the prevalence of anxiety disorders in adult populations. Brain and Behaviour 2016; 6: p.e00497.

[5] Chun HY, Whiteley WN, Dennis MS, et al. Anxiety after stroke: the importance of subtyping. Stroke 2018; 49: 556-64.

[6] NICE, 2011. Generalised anxiety disorder and panic disorder in adults: management [CG113], s.l.: National Institute for Health and Care Excellence.

[7] Rafsten L, Danielsson A and Sunnerhagen KS. Anxiety after stroke: a systematic review and meta-analysis. J Rehabi; Med 2018; 50: 769-778.

[8] Moher D, Shamseer L, Clarke M, et al. Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015 statement. Systematic Reviews 2015; 4: 1.

[9] Zigmond AS and Snaith RP. The hospital anxiety and depression scale. Acta Psychiatraca Scandinavica 1983; 67: 361-370.

[10] Wells, G. A. et al., The Newcastle-Ottawa Scale (NOS) for assessing the quality of nonrandomised studies in meta-analyses. 2018. Available at: http://www.ohri.ca/programs/clinical_epidemiology/oxford.asp [Accessed 19 September 2019].
Anxiety after stroke SR

[11] Morris PL, Robinson RG and Raphael B. Prevalence and course of depressive disorders in hospitalized stroke patients. Int J Psychiatry Med 1990; 20: 349–64.

[12] American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders. 3rd ed. 1980. Washington: APA.

[13] Review Manager (RevMan) [Computer program]. Version 5.3. Copenhagen: The Nordic Cochrane Centre, The Cochrane Collaboration, 2014.

[14] Ahlsio B, Britton M, Murray V, et al. Disablement and quality of life after stroke. Stroke 1984; 15: 886–90.

[15] Astrom M. Generalized anxiety disorder in stroke patients. A 3-year longitudinal study. Stroke 1996; 27: 270–5.

[16] Barker-Collo SL. Depression and anxiety 3 months post stroke: prevalence and correlates. Arch Clin Neuropsychol 2007; 22: 519–31.

[17] Bergerson H, Froslie KF, Stirbrant Sunnerhagen K, et al. Anxiety, depression, and psychological well-being 2 to 5 years post-stroke. Journal of Stroke and Cerebrovascular Diseases 2010; 19: 364-369.

[18] Bruggimann L, Annoni J, Staub F, et al. Chronic post-traumatic stress symptoms after non-severe stroke. Neurology 2006; 66: 513–16.

[19] Carod-Artal FJ, Trizotto DS, Coral LF, et al. Determinants of quality of life in Brazilian stroke survivors. Journal of the Neurological Sciences 2009; 284: 63-68.

[20] D’Alisa S, Baudo S, Mauro A, et al. How does stroke restrict participation in long-term post-stroke survivors? Acta Neurol Scand 2005; 112: 157–62.

[21] DeWit L, Putman K, Baert I, et al. Anxiety and depression in the first six months after stroke. A longitudinal multicentre study. Disabil Rehabil 2008; 30: 1858–66.

[22] Donnellan C, Hickey A, Hevey D, et al. Effect of mood symptoms on recovery one year after stroke. International Journal of Geriatric Psychiatry 2010; 25: 1288-1295.

[23] Field EL, Norman P and Barton J. Cross-sectional and prospective associations between cognitive appraisals and posttraumatic stress disorder symptoms following stroke. Behav Res Ther 2008; 46: 62–70.

[24] Fure B, Wyller TB, Engedal K, et al. Emotional symptoms in acute ischemic stroke. Int J Geriatr Psychiatry 2006; 21: 382–7.

[25] Gangstad B, Norman P, Barton J. Cognitive processing and post-traumatic growth after stroke. Rehabil Psychol 2009; 54: 69–75.

[26] Ghika-Schmid F, van Melle G, Guex P, et al. Subjective experience and behavior in acute stroke: the Lausanne Emotion in Acute Stroke Study. Neurology 1999; 52: 22–8.
Anxiety after stroke SR

[27] Giaquinto S, Spiridigliozzi C and Caracciolo B. Can faith protect from emotional distress after stroke? Stroke 2007; 38: 993–7.

[28] Gillespie DC. Post-stroke anxiety and its relationship to coping and stage of recovery. Psychol Rep 1997; 80: 1059–64.

[29] Ueki H, Washino K, Fukao T, et al. Mental health problems after stroke. Psychiatry Clin Neurosci 1999; 53: 621–7.

[30] Ibrahimagic OC, Sinanovic O and Smajlovic D. Anxiety in acute phase of ischemic stroke and myocardial infarction. Med Arh 2005; 59: 366–9.

[31] Knapp P and Hewison J. The protective effects of social support against mood disorder after stroke. Psychol Health Med 1998; 3: 275–83.

[32] Leppavuori A, Pohjasvaara T, Vataja R, et al. Generalized anxiety disorders three to four months after ischemic stroke. Cerebrovasc Dis 2003; 16: 257–64.

[33] Li SB. Psychological mood and its related factors in patients with cerebral infarction. Chin J Clin Rehabil 2006; 10: 186–8.

[34] Lincoln NB, Gladman JRF, Berman P, et al. Rehabilitation needs of community stroke patients. Disabil Rehabil 1998; 20: 457–63.

[35] Macniven JAB, McKeown AC, Chambers HM, et al. Identifying cognitive impairment and emotional distress in people admitted to stroke rehabilitation. Int J Ther Rehabil 2005; 12: 258–63.

[36] Merriman C, Norman P and Barton J. Psychological correlates of PTSD symptoms following stroke. Psychol Health Med 2007; 12: 592–602.

[37] Morrison V, Pollard B, Johnston M, et al. Anxiety and depression 3 years following stroke: demographic, clinical, and psychological predictors. J Psychosom Res 2005; 59: 209–13.

[38] House A, Dennis M, Mogridge L, et al. Mood disorders in the year after first stroke. Br J Psychiatry 1991; 158: 83–92.
Anxiety after stroke SR

[44] Sharpe M, Hawton K, House A, et al. Mood disorders in long-term survivors of stroke: associations with brain lesion location and volume. Psychol Med 1990; 20: 815–28.

[45] Burvill PW, Johnson GA, Jamrozik KD, et al. Anxiety disorders after stroke: results from the Perth Community Stroke Study. Br J Psychiatry 1995; 166: 328–32.

[46] Raju RS, Sarma PS and Pandian JD. Psychosocial problems, quality of life, and functional independence among Indian stroke survivors. Stroke 201; 41: 2932-2937.

[47] Sagen U, Vik TG, Morland T, et al. Screening for anxiety and depression after stroke: comparison of the Hospital Anxiety and Depression Scale and the Montgomery and Asberg Depression Rating Scale. Journal of Psychosomatic Research 2009; 67: 325-332.

[48] Sampson MJ, Kinderman P, Watts S, et al. Psychopathology and autobiographical memory in stroke and non-stroke hospitalized patients. Int J Geriatr Psychiatry 2003; 18: 23–32.

[49] Wilkinson PR, Wolfe CD, Warburton FG, et al. Longer term quality of life and outcome in stroke patients: is the Barthel index alone an adequate measure of outcome? Qual Health Care 1997; 6:125–30.

[50] Schultz SK, Castillo CS, Kosier J, et al. Generalized anxiety and depression: assessment over 2 years after stroke. Am J Geriatr Psychiatry 1997; 5: 229–37.

[51] Sembi S, Tarrier N, O’Neill P, et al. Does post-traumatic stress disorder occur after stroke: a preliminary study. Int J Geriatr Psychiatry 1998; 13: 315–22.

[52] Stone J, Townend E, Kwan J, et al. Personality change after stroke: some preliminary observations. J Neurol Neurosurg Psychiatry 2004; 75: 1708–13.

[53] Tang WK, Ungvari GS, Chiu HFK, et al. Psychiatric morbidity in first time stroke patients in Hong Kong: a pilot study in a rehabilitation unit. Aust NZ J Psychiatry 2002; 36: 544–9.

[54] Townend BS, Whyte S, Desborough T, et al. Longitudinal prevalence and determinants of early mood disorder post-stroke. J Clin Neurosci 2007; 14: 429–34.

[55] Vickery CD. Assessment and correlates of self-esteem following stroke using a pictorial measure. Clin Rehabil 2006; 20: 1075–84.

[56] Visser-Keizer AC, Meyboom-de Jong B, et al. Subjective changes in emotion, cognition and behaviour after stroke: factors affecting the perception of patients and partners. J Clin Exp Neuropsychol 2002; 24: 1032–45.

[57] Watanabe H, Koseki K, and Sudo M. A psychological study of stroke inpatients. Multi-variant analysis of anxiety. IRYO Jpn J Natl Med Serv 1984; 38: 1101–5.

[58] Zhao R. Evaluation on psychological status in patients with stroke. Chin J Clin Psychol 1999; 7: 230–1.

[59] Ajiboye PO, Abiodun OA, Tunde-Ayinmode MF, et al. Psychiatric morbidity in stroke patients attending a neurology clinic in Nigeria. African Health Sciences 2013; 13: 624-631.
Anxiety after stroke SR

[60] Crichton SL, Bray BD, McKevitt C, et al. Patient outcomes up to 15 years after stroke: survival, disability, quality of life, cognition and mental health. Journal of Neurology, Neurosurgery, and Psychiatry 2016; 87: 1091-1098.

[61] Ayerbe L, Ayis SA, Crichton S, et al. Natural history, predictors and associated outcomes of anxiety up to 10 years after stroke: The South London Stroke Register. Age and Ageing 2014; 43: 542-547.

[62] Azanmasso H, Alagnide E, Hounmenou GJ, et al. Prevalence of depression and anxiety among victims of stroke in Cotonou. Cerebrovascular Diseases 2017; 43 (Suppl 1), p100.

[63] Barker-Collo S, Krishnamurthi R, Witt E, et al. Depression and Anxiety Across the First Year after Ischemic Stroke: Findings from a Population-Based New Zealand ARCOS-IV Study. Brain Impairment 2017; 18: 265-276.

[64] Beghi M, Cornaggia CM, Di Giacomo E, et al. Stroke and Psychiatric Disorders. Rivista di Psichiatria 2009; 44: 55-63.

[65] Bovim M. Factors in the early phase associated with anxiety, depression and pain three months after stroke. Results from a Norwegian multisite cohort-study. International Journal of Stroke 2016; 11 (Suppl 3), p235.

[66] Broomfield NM, Quinn TJ, Abdul-Rahim AH1, et al. Depression and anxiety symptoms post-stroke/TIA: prevalence and associations in cross-sectional data from a regional stroke registry. BMC Neurology 2014; 14: 198.

[67] Broomfield NM, Scoular A, Welsh P, et al. Post-stroke anxiety is prevalent at the population level, especially among socially deprived and younger age community stroke survivors. International Journal of Stroke 2015; 10: 897-902.

[68] Buijck BI, Zuidema SU, Spruit-van Eijk M, et al. Neuropsychiatric symptoms in geriatric patients admitted to skilled nursing facilities in nursing homes for rehabilitation after stroke: A longitudinal multi-center study. International Journal of Geriatric Psychiatry 2012; 27: 734-741.

[69] Castellanos-Pinedo F, Hernández-Pérez JM, Zurdo M, et al. Influence of premorbid psychopathology and lesion location on affective and behavioral disorders after ischemic stroke. Journal of Neuropsychiatry and Clinical Neurosciences 2011; 23: 340-347.

[70] Chanchaem R, Moonla T, Intachak R, et al. Health status of post-acute stroke attack patient in Northern Thailand. Cerebrovascular Disease 2013; 36 (Suppl 1): p40.

[71] Chinchaladze L, Lobjanidze N, Janelidze M, et al. Generalized post-stroke anxiety disorders: clinical and radiological correlation. International Journal of Psychiatry in Clinical Practice 2013; 17 (suppl 2): 17-18.

[72] Crowley D and Andrews L. The longitudinal relationship between acceptance and anxiety and depression in people who have had a stroke. Aging and Mental Health 2017; VOL: 1-8.
Anxiety after stroke SR

[73] Chun HY, Whiteley WN, Dennis MS, et al. Anxiety after stroke: the importance of subtyping. Stroke 2018; 49: 556-64.

[74] D’Aniello GE, Scarpina F, Mauro A, et al. Characteristics of anxiety and psychological well-being in chronic post-stroke patients. Journal of the Neurological Sciences 2014; 338: 191-196.

[75] de Weerd L, Luickx GJR, Groenier KH, et al. Quality of life of elderly ischaemic stroke patients one year after thrombolytic therapy. A comparison between patients with and without thrombolytic therapy. BMC Neurology 2012; 12: 61.

[76] de Weerd L, Rutgers WAF, Groenier KH, et al. Perceived wellbeing of patients one year post stroke in general practice - recommendations for quality aftercare. BMC Neurology 2011; 11: 42.

[77] Delva M, Lytvynenko N and Delva I. Factors associated with post-stroke fatigue during the second half year after stroke. Georgian Medical News 2017; 11: 59-64.

[78] Donnellan C, Al Banna M, Redha N, et al. Association between metacognition and mood symptoms post-stroke. Journal of Geriatric Psychiatry 2016; 29: 212-220.

[79] Elf M, Eriksson G, Johansson S, et al. Self-reported fatigue and associated factors six years after stroke. PLoS One 2016; 11: p e0161942.

[80] Galligan NG, Hevey D, Coen RF, et al. Clarifying the associations between anxiety, depression and fatigue following stroke. Journal of Health Psychology 2016; 21: 2863-2871.

[81] Garikimukku S, Stikrishna N, Mopineni V, et al. Prevalence of psychiatric morbidity in stroke patients: a hospital based study. Indian Journal of Psychiatry 2015; 57: S48-S49.

[82] Huzmeli ED and Sarac ET. Examination of sleep quality, anxiety and depression in stroke patients. Turk Beyin Damar Hastaliklar Dergisi 2017; 23: 51-55.

[83] Ibrahimagic OC, Smajlovic D, Dostovic Z, et al. Cortisolemia and anxiety in acute phase of ischemic stroke: Is there a relationship? Cerebrovascular Disease 2013; 35 (Suppl 1): 701.

[84] Jones MP, Howitt SC, Jusabani A, et al. Anxiety and depression in incident stroke survivors and their carers in rural Tanzania: A case-control follow-up study over five years. Neurology Psychiatry and Brain Research 2012; 18: 122-128.

[85] Kim EJ, Kim DY, Kim WH, et al. Fear of falling in subacute hemiplegic stroke patients: associating factors and correlations with quality of life. Annals of Rehabilitation Medicine 2012; 36: 797-803.

[86] Kneebone II, Fife-Schaw C, Lincoln NB, et al. A study of the validity and the reliability of the Geriatric Anxiety Inventory in screening for anxiety after stroke in older inpatients. Clinical Rehabilitation 2016; 30: 1220-1228.

[87] Kootker JA, van Mierlo ML, Hendriks JC, et al. Risk factors for symptoms of depression and anxiety one year post-stroke: a longitudinal study. Archives of Physical Medicine and Rehabilitation 2016; 97: 919-28.
Anxiety after stroke SR

[88] Lincoln NB, Brinkmann N, Cunningham S, et al. Anxiety and depression after stroke: a 5 year follow-up. Disability and Rehabilitation 2013; 35: 140-145.

[89] Liu Z, Cai Y, Zhang X, et al. High serum levels of malondialdehyde and antioxidant enzymes are associated with post-stroke anxiety. Neurological Sciences 2018; 39: 999-1007.

[90] Mellon L, Williams D, Brewer L, et al. Mood and cognitive impairment following stroke. A profile of Irish stroke survivors from the ASPIRE-S cohort. International Journal of Stroke 2013; 8 (Suppl 3): 28.

[91] Mihalov J, Mikula P, Budis J, et al. Frontal cortical atrophy as a predictor of post-stroke apathy. Journal of Geriatric Psychiatry and Neurology 2016; 29: 171-176.

[92] Mulroy M, Kavanagh H, Walsh S, et al. Fatigue and anxiety in patients following stroke and TIA. Stroke 2012; 43 (Suppl 1): A89.

[93] Mumladze L, Lobjanidze N and Janelidze M. Autonomic panic disorders after stroke: clinical features and neuroimaging correlations. International Journal of Stroke 2016; 11 (Suppl 3): 91-92.

[94] Mutai H, Furukawa T, Houri A, et al. Factors associated with multidimensional aspect of post-stroke fatigue in acute stroke period. Asian Journal of Psychiatry 2017; 26: 1-5.

[95] Nakling AE, Aarsland D, Naess H, et al. Cognitive deficits in chronic stroke patients: neuropsychological assessment, depression, and self-reports. Dementia and Geriatric Cognitive Disorders Extra 2017; 7: 283-296.

[96] Sturm JW, Donnan GA, Dewey HM, et al. Quality of life after stroke – The North East Melbourne Stroke Incidence Study (NEMESIS). Stroke 2004; 35: 2340–5.

[97] Paul SL, Dewey HM, Sturm JW, et al. Prevalence of depression and use of antidepressant medication at 5-years post-stroke in the North East Melbourne Stroke Incidence Study. Stroke 2006; 37:2854–5.

[98] Nijssse B, van Heughten CM, van Mierlo ML, et al. Psychological factors are associated with subjective cognitive complaints 2 months post-stroke. Neuropsychological Rehabilitation 2017; 27: 99-115.

[99] Ojagbemi A, Owolabi M, Akinyemi R, et al. Prevalence and predictors of anxiety in an African sample of recent stroke survivors. Acta Neurologica Scandinavica 2017; 136: 617-623.

[100] Oni OD, Aina OF, Ojini Fl, et al. Quality of life and associated factors among post-stroke clinic attendees at a University Teaching Hospital in Nigeria. Nigerian Medical Journal 2016; 57: 290-298.

[101] Petrova MA, Savina MA, Kontsevoy VA, et al. Clinical characteristics of post-stroke anxiety disorders. Klininka Nervnych I Psikhicheskikh Zabolevanii 2012; 9: 12-16.

[102] Ponchel A, Labreuche J, Bombois S, et al. Influence of medication on fatigue six months after stroke. Stroke Research and Treatment 2016; p2410921.
Anxiety after stroke SR

[103] Schottke H and Giabbiconi CM. Post-stroke depression and post-stroke anxiety: Prevalence and predictors. International Psychogeriatrics 2015; 27: 1805-1812.

[104] Solgajova A, Sollar T, Vorosova G, et al. Personality as significant predictor of post-stroke anxiety. Neuroendocrinology Letters 2017; 38: 290-264.

[105] Stojanovic Z and Stojanovic SV. Emotional reactions in patients after frontal lobe stroke. Vojnosanitetski Pregled 2015; 72: 770-778.

[106] Tang WK, Chen Y, Lu J, et al. Frontal infarcts and anxiety in stroke. Stroke 2012; 43: 1426-1428.

[107] Tang WK, Lau CG, Mok V, et al. Impact of anxiety on health-related quality of life after stroke: a cross-sectional study. Archives of Physical Medicine and Rehabilitation 2013; 94: 2535-41.

[108] Verma G, Sharma DK, Sushil CS, et al. A study of psychiatric illnesses in post stroke patients according to site and nature of lesion. Indian Journal of Psychiatry 2012; 54: S45-S46.

[109] Vicentini JE, Weiler M, Meira Almeida SR, et al. Depression and anxiety symptoms are associated to disruption of default mode network in subacute ischemic stroke. Brain Imaging and Behaviour 2016; 11: 1571-1580.

[110] Vuletic V, Lezaic Z and Morovic S. Post-stroke fatigue. Acta Clinica Croatica 2011; 50: 344.

[111] Vuletic V, Sapina L, Lozert M, et al. Anxiety and depressive symptoms in acute ischemic stroke. Acta Clinica Croatica, 2012; 51: 243-246.

[112] Wu S, Ma L, Sun Z, et al. Analysis of depression and anxiety in patients with post-stroke epilepsy. International Journal of Clinical and Experimental Medicine 2017; 10: 6994-6999.

[113] Zalihic A, Markotic V, Mabic M, et al. Differences in quality of life after stroke and myocardial infarction. Psychiatria Danubia 2010; 22: 241-248.

[114] Zhang A and Yu Z. Preliminary study on clinical psychology for stroke patients with mental disorder. International Journal of Cardiology 2011; 152: S13-S14.

[115] American Psychiatric Association. Diagnostic and Statistical Manual for Mental Disorders (DSM-III-R), 3rd edn. 1987. Washington, DC, American Psychiatric Press.

[116] American Psychiatric Association. Diagnostic and Statistical Manual for Mental Disorders (DSM-IV), 4th edn. 1994. Washington, DC, American Psychiatric Press.

[117] American Psychiatric Association. Structured Clinical Interview for DSM-5 (SCID-5). 2016. American Psychiatric Association Publishing.

[118] Wing, J. SCAN and the PSE tradition. Soc. Psychiatry Psychiatr. Epidemiol 1996; 31: 50-54.

[119] Sheehan DV, Lecrubier Y, Sheehan KH, et al. The Mini-International Neuropsychiatric Interview (M.I.N.I.): the development and validation of a structured diagnostic psychiatric interview for DSM-IV and ICD-10. J Clin Psychiatry. 1998; 59: 22-33.
Anxiety after stroke SR

[120] Spitzer RL, Kroenke K, Williams JBW, et al A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006; 166: 1092-1097.

[121] Hamilton, M., 1959. The assessment of anxiety states by rating. British Journal of Medical Psychology, Volume 32, pp. 50-55.

[122] Cummings, J. L. The Neuropsychiatric Inventory: Assessing psychopathology in dementia patients. Neurology 1997; 48: S10-S16.

[123] Zung WWK. A rating instrument for anxiety disorders. Psychosomatics 1971; 12: 371-379.

[124] Snaith RP, Constantopoulos AA, Jardine MY, et al. A clinical scale for the self-assessment of irritability, depression and anxiety. Br J Psychiatry 1978; 132: 164-171.

[125] Beck AT, Epstein N, Brown G, et al. An inventory for measuring clinical anxiety: Psychometric properties. Journal of Consulting and Clinical Psychology 1988; 56: 893–897.

[126] Taylor J. A personality scale of manifest anxiety. The Journal of Abnormal and Social Psychology 1953; 48: 285–290.

[127] Goldberg D & Williams P. A user’s guide to the General Health Questionnaire. 1988. Windsor, UK: NFER-Nelson.

[128] Wright F, Wu S, Chun H-Y, et al. Factors Associated with Post-stroke Anxiety: A Systematic Review and Meta-Analysis. Stroke Research and Treatment 2017; Article ID: 2124743.

[129] Knapp P, Campbell-Burton CA, Holmes J, et al. Interventions for treating anxiety after stroke. Cochrane Database of Systematic Reviews 2017; 5: pCD008860.

[130] McCullagh E, Brigstocke G, Donaldson N, et al. Determinants of caregiving burden and quality of life in caregivers of stroke patients. Stroke 2005; 36: 2181-6.
Figure 1. PRISMA flow diagram

Records identified through database searching (n = 28,565)

Additional records identified through other sources (n = 0)

Records after duplicates removed (n = 22,564)

Records screened (n = 22,564)

Records excluded (n = 22,242)

Full-text articles assessed for eligibility (n = 320)

Studies included (n = 53)

Full-text articles excluded, with reasons (n = 242)
- Reported anxiety score as continuous (n = 84)
- Did not measure prevalence of anxiety after stroke (n = 78)
- Limited to patients with SAH or some other select characteristic (n = 32)
  - Used non-representative or retrospective sampling (n = 16)
  - Full text not available (n = 14)
  - Non-English language (n = 11)
  - Used non anxiety-specific measures (n = 4)
  - Non-observational study (n = 3)
  - Used retrospective sampling (n = 0)
Appendix 1: Search strategy for MEDLINE database

1. exp Cerebrovascular Disorders/
2. stroke*.mp
3. (poststroke* or post-stroke* or cva*).mp
4. (cerebrovasc* or brain vasc* or cerebral vasc*).mp
5. ((cerebr* or brain* or cerebellar* or cerebellum* or vertebrobasilar*) adj2 (infarct* or ischemi* or ischaemi* or thrombo* or emboli* or apoplex* or occlus*)).mp
6. ((cereb* or brain* or intracereb* or intracrani* or subarachnoid) adj2 (haemorrhag* or hemorrhag* or h?ematoma* or bleed*).mp
7. Hemiplegia/ or exp Paresis/
8. (hemipleg* or hemipar* or paresis or paretic).mp
9. Or/1-8
10. exp Adjustment Disorders/
11. exp Anxiety Disorders/
12. exp Neurotic Disorders/
13. Mental Disorders/
14. anxiet*.mp
15. distress*.mp
16. mood.mp
17. (affect or affective) adj2 disorder.mp
18. (neuros?s or neurotic*).mp.
19. (depersonalization or depersonalisation or derealization or derealisation).mp.
20. fear.mp.
21. (worry* or worri* or apprehens*).mp
22. (tension* adj2 symptom*).mp
23. ((avoidanc* or avoidant*) adj2 (behaviour or behavior or symptom*)).mp.
24. (autonomic adj2 (arousal* or symptom*)).mp.
25. (hyperventil* adj2 (symptom* or syndrom*)).mp.
26. (HADS or GHQ or STAI)
27. Or/10-26
28. 9 and 27
Appendix 2: Newcastle-Ottawa Quality Assessment Scale: Cohort Studies (Wells et al, 2018)

1) Representativeness of the exposed cohort
2) Selection of the non-exposed cohort
3) Ascertainment of exposure
4) Demonstration that outcome of interest was not present at start of study
5) Comparability of cohorts on the basis of the design or analysis
6) Assessment of outcome
7) Was follow-up long enough for outcomes to occur
8) Adequacy of follow up of cohorts
Table 1: Risk of bias assessment for studies using interviews

| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|--------------------------------------|----------------------------------------|------------------------------------|---------------------------|-----------------------------------------------------------|---------------------------|---------------------|-------------------------------------------------|--------------------------------|----------------------------------|
| Ajiboye (2013)                        | ★                                      | ☆                                  | ★                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ☆                             | 4/7                              |
| Astrom (1996)                         | ★                                      | ☆                                  | ★                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ★                             | 5/7                              |
| Chinchaladze (2013)                   | ☆                                      | ☆                                  | ☆                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ☆                             | 2/7                              |
| Chun (2018)                           | ★                                      | ☆                                  | ★                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ★                             | 4/7                              |
| Garikimukku (2015)                    | ☆                                      | ☆                                  | ☆                         | ★                                                         | N/A                       | ★                   | ★                                                              | ★                             | 3/7                              |
| Kneebone (2016)                       | ★                                      | ☆                                  | ★                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ★                             | 4/7                              |
| Leppavuori (2003)                     | ★                                      | ☆                                  | ★                         | ★                                                         | N/A                       | ★                   | ★                                                              | ★                             | 6/7                              |
| Morris (1990)                         | ★                                      | ☆                                  | ★                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ★                             | 5/7                              |
| Mumladze (2016)                       | ☆                                      | ☆                                  | ☆                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ★                             | 3/7                              |
| OCSP (House 1991) and OCSP-II (Sharpe 1990) | ★                                      | ★                                  | ★                         | ★                                                         | N/A                       | ★                   | ★                                                              | ★                             | 6/7                              |
| Oni (2016)                            | ★                                      | ★                                  | ★                         | ☆                                                         | N/A                       | ★                   | ★                                                              | ★                             | 6/7                              |
| PCSS (Burvill 1995)                   | ★                                      | ★                                  | ★                         | ★                                                         | N/A                       | ★                   | ★                                                              | ☆                             | 6/7                              |
## Study name or author (year published)

| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|---------------------------------------|------------------------------------------|------------------------------------|---------------------------|---------------------------------------------------------------|-------------------------|--------------------|----------------------|-----------------------------|---------------------|
| Petrova (2012)                        | ★                                        | ☆                                  | ★                         | ☆                                                             | N/A                     | ★                  | ★                    | ★                           | 5/7                  |
| Sagen (2009)                          | ★                                        | ☆                                  | ★                         | ☆                                                             | N/A                     | ★                  | ★                    | ☆                           | 4/7                  |
| Schottke (2015)                       | ★                                        | ☆                                  | ★                         | ☆                                                             | N/A                     | ★                  | ★                    | ☆                           | 4/7                  |
| Schultz (1997)                        | ★                                        | ☆                                  | ★                         | ☆                                                             | N/A                     | ★                  | ★                    | ★                           | 4/7                  |
| Tang (2002)                           | ★                                        | ☆                                  | ★                         | ☆                                                             | N/A                     | ★                  | ★                    | ★                           | 5/7                  |
| Verma (2012)                          | ☆                                        | ☆                                  | ★                         | ☆                                                             | N/A                     | ★                  | ★                    | ★                           | 4/7                  |
| Zhang (2011)                          | ☆                                        | ☆                                  | ☆                         | ☆                                                             | N/A                     | ★                  | ★                    | ★                           | 3/7                  |

**Key:** ★, low risk of bias; ☆, high risk of bias; N/A, not applicable
### Table 2: Risk of bias assessment for studies using rating scales

| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|--------------------------------------|-----------------------------------------|------------------------------------|--------------------------|---------------------------------------------------------------|-------------------------|---------------------|---------------------------------------------------|--------------------------------------|-------------------------------|
| Ahlsio (1984)                        | ★                                       | ☆                                  | ★                        | ☆                                                             | N/A                     | ☆                   | ★                                  | ★                                   | 4/7                            |
| South London Stroke Register (Crichton, 2016; Ayerbe, 2014) | ★                                       | ☆                                  | ★                        | ☆                                                             | N/A                     | ☆                   | ★                                  | ☆                                   | 3/7                            |
| Azanmasso (2017)                     | ☆                                       | ☆                                  | ☆                        | ☆                                                             | N/A                     | ☆                   | ☆                                  | ★                                   | 1/7                            |
| Barker-Collo (2007)                  | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ★                                   | 4/7                            |
| Barker-Collo (2017)                  | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ☆                                   | 3/7                            |
| Beghi (2009)                         | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ★                                   | 4/7                            |
| Bergerson (2010)                     | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ★                                   | 4/7                            |
| Bovim (2016)                         | ☆                                       | ☆                                  | ☆                        | ☆                                                             | N/A                     | ☆                   | ★                                  | ☆                                   | 1/7                            |
| Bruggiman (2006)                     | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ★                                   | 4/7                            |
| Broomfield (2014)                    | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ★                                   | 4/7                            |
| Broomfield (2015)                    | ★                                       | ☆                                  | ★                        | ★                                                             | N/A                     | ☆                   | ★                                  | ☆                                   | 3/7                            |
| Buijck (2012)                        | ★                                       | ☆                                  | ☆                        | ☆                                                             | N/A                     | ☆                   | ★                                  | ☆                                   | 2/7                            |
| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|--------------------------------------|----------------------------------------|-----------------------------------|--------------------------|---------------------------------------------------------------|--------------------------|---------------------|-------------------------------------------------|---------------------------------|-----------------------------|
| Carod-Artal (2009)                   | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ★                               | 4/7                          |
| Castellanos-Pinedo (2011)            | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| Chanchaem (2013)                     | ☆                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 1/7                          |
| Crowley (2017)                       | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| D’Alisa (2005)                       | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ★                               | 4/7                          |
| D’Aniello (2014)                     | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ★                               | 4/7                          |
| De Weerd (2011)                      | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| De Weerd (2012)                      | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| Delva (2017)                         | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| DeWit (2008)                         | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ★                               | 4/7                          |
| Donnellan (2010)                     | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ★                               | 4/7                          |
| Donnellan (2016)                     | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| Elf (2016)                           | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ☆                               | 3/7                          |
| Field (2008)                         | ★                                     | ☆                                 | ★                        | ☆                                                             | N/A                      | ☆                   | ★                                               | ★                               | 4/7                          |
| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|------------------------------------|---------------------------------------|------------------------------------|--------------------------|---------------------------------------------------------------|--------------------------|----------------------|------------------------------------------------|--------------------------|------------------|
| Fure (2006)                        | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| Galligan (2016)                    | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ☆                        | 3/7               |
| Gangstad (2005)                    | ★                                     | ☆                                  | ☆                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 3/7               |
| Ghika-Scmid (1999)                 | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| Giaquinto (1997)                   | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| Gillespie (1997)                   | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| HSRS (Ueki, 1999)                  | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| Huzmeli (2017)                     | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| Ibrahimagic (2005)                 | ☆                                     | ★                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ☆                        | 3/7               |
| Ibrahimagic (2013)                 | ☆                                     | ★                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ☆                        | 2/7               |
| Jones (2012)                       | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ☆                        | 3/7               |
| Kim (2012)                         | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ☆                        | 3/7               |
| Kootker (2016)                     | ★                                     | ☆                                  | ★                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 4/7               |
| Knapp (1998)                       | ☆                                     | ☆                                  | ☆                        | ☆                                                             | N/A                      | ☆        | ★                              | ★                        | 2/7               |
| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|--------------------------------------|------------------------------------------|-------------------------------------|---------------------------|---------------------------------------------------------------|-------------------------|----------------------|-----------------------------------------------|----------------------------------|---------------------------------|
| Langhorne (2000)                     | ★                                        | ☆                                   | ★                         | ☆                                                             | ★                       | ★                    | ★                                                            | ★                                | ★                               | 4/7                             |
| Li (2006)                            | ★                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | ★                               | 4/7                             |
| Lincoln (1997)                       | ★                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | ★                               | 4/7                             |
| Lincoln (2013)                       | ★                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ☆                                                            | ★                                | 3/7                             |
| Liu (2018)                           | ★                                        | ☆                                   | ★                         | ★                                                             | N/A                     | ★                    | ★                                                            | ★                                | 4/7                             |
| Macniven (2005)                      | ☆                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 3/7                             |
| Masskulpan (2008) & Kuptniratsalkul (2009) | ★                                       | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 4/7                             |
| Mellon (2013)                        | ★                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 3/7                             |
| Merriman (2007)                      | ★                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 4/7                             |
| Mihalov (2016)                       | ★                                        | ☆                                   | ★                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 3/7                             |
| Moon (2004)                          | ★                                        | ☆                                   | ★                         | ★                                                             | N/A                     | ★                    | ★                                                            | ★                                | 5/7                             |
| Morrison (2000; 2005)                | ★                                        | ☆                                   | ☆                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 3/7                             |
| Mulroy (2012)                        | ☆                                        | ☆                                   | ☆                         | ☆                                                             | N/A                     | ★                    | ★                                                            | ★                                | 1/7                             |
| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow up long enough for outcomes to occur? | Adequacy of follow up of cohorts | Scale score (low risk of bias / 7 items) |
|--------------------------------------|----------------------------------------|-----------------------------------|-------------------------|-------------------------------------------------|------------------------|---------------------|-----------------------------------------------|-----------------------------------|--------------------------|
| Mutai (2017)                         | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Nakling (2017)                       | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ☆                                 | 3/7                      |
| NEMSIS (Sturm, 2004; Paul, 2006)     | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Nijsse (2017)                        | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Ojagbemi (2017)                      | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Ponchel (2016)                       | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ☆                                 | 3/7                      |
| Raju (2010)                          | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Sampson (2003)                       | ★                                      | ★                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 5/7                      |
| SELSS (Wilkinson, 1997)              | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Sembi (1998)                         | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Solgajova (2017)                     | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Stojanovic (2015)                    | ★                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ☆                   | ★                                            | ★                                 | 4/7                      |
| Stone (2004)                         | ☆                                      | ☆                                 | ★                       | ☆                                               | N/A                    | ★                   | ★                                            | ★                                 | 4/7                      |
| Study name or author (year published) | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that anxiety was not present at start of the study | Comparability of cohorts | Assessment of outcome | Was the follow-up long enough for outcomes to occur? | Adequacy of follow-up of cohorts | Scale score (low risk of bias / 7 items) |
|--------------------------------------|----------------------------------------|-----------------------------------|--------------------------|-----------------------------------------------------|------------------------|-----------------|------------------------------------------|----------------------------------|-------------------------------|
| Tang (2012)                          | ★                                       | ★                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 5/7                           |
| Tang (2013)                          | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 5/7                           |
| Townend (2007)                       | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 4/7                           |
| Vicentini (2016)                     | ☆                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 3/7                           |
| Vickery (2006)                       | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 4/7                           |
| Visser-Kelzer (2002)                 | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 4/7                           |
| Vuletic (2011)                       | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 4/7                           |
| Vuletic (2012)                       | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 4/7                           |
| Watanabe (1997)                      | ☆                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 3/7                           |
| Wu (2017)                            | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 5/7                           |
| Zalihic (2010)                       | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 3/7                           |
| Zhao (1999)                          | ★                                       | ☆                                 | ★                        | N/A                                                 | ☆                      | ★               | ★                                        |                                  | 4/7                           |

**Key:** ★, low risk of bias; ☆, high risk of bias; N/A, not applicable
Table 3: Characteristics of included studies: interview methods

| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n   | Rate of anxiety (95% CI) |
|-----------------------------------------------|-----------------------------------------|----------------------------|-------------------|----------------------------|------------------|-----|------------------------|
| Ajiboye, 2013, Nigeria                        | Hospital/cross-sectional/all consecutive patients/Mar 2009 – Feb 2010 | I: stroke diagnosed by consultant neurologist, age ≥18 E: past psychiatric history, too sick to be interviewed | 60.6 years (44.6) | SCAN (interview) | <1 to >5 years | 83  | 10.8 (4.2, 17.5) GAD: 9.6 (3.3, 16.0) Phobic disorder: 1.2 (0, 3.6) |
| Astrom, 1996, Sweden                          | Hospital / cohort / consecutive / 1979-1981 | I: ischaemic, haemorrhagic & TIA (CT) E: congenital mental handicap | 73 years (61) | DSM-III-R (GAD) | 2 weeks 3 months 1 year 2 years 3 years | 71  | 2 weeks 28 (18–39) 78 70 3 m 31 (21–42) 83 66 1 y 24 (14–35) 86 57 2 y 25 (13–36) 86 48 3 y 19 (7·7–30) |
| Chinchaladze, 2013, NR                        | NR/NR/NR/NR            | NR                        | NR                | DSM-IV (interview) | NR              | 294 | 31.0 (25.7, 36.2) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E)                                                                 | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n   | Rate of anxiety (95% CI) |
|-----------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------|------------------|----------------------------|-----------------|-----|--------------------------|
| Chun, 2018, UK                                | Hospital/cohort/consecutive/NR         | I: ≥18 years, new stroke or TIA (clinical diagnosis), mental capacity to give informed consent, able to communicate in English over telephone E: SAH, subdural or extradural haematoma, ocular TIA, terminal stage of illness; difficult to follow up due to no fixed abode, current illicit drug or alcohol dependence | 70 years (60)    | SCID (interview)            | 3 months        | 175 | 21.7 (15.6, 27.8)        |
|                                               |                                        |                                                                                         |                  |                            |                 |     | GAD only: 4.0 (1.1, 6.9) |
|                                               |                                        |                                                                                         |                  |                            |                 |     | Phobic disorder only: 10.3 (5.8, 14.8) |
|                                               |                                        |                                                                                         |                  |                            |                 |     | GAD + phobic disorder: 7.4 (3.5, 11.3) |
| Garikimukku, 2015, India                      | Hospital/cross-sectional/NR/2014        | I: ≥18 years, diagnosis of stroke E: other serious organic illness, previous history of psychiatric disorder, severe cognitive impairment | NR               | MINI PLUS (interview)      | Acute           | 50  | 18.0 (7.4, 28.6)         |
|                                               |                                        |                                                                                         |                  |                            |                 |     | GAD: 18.0 (7.4, 28.6)    |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|----------------------------------------|-----------------------------|--------------------|--------------------------|-----------------|---|---------------------|
| Kneebone, 2016, UK                            | Hospital/cross-sectional/all patients/NR | I: ≥65 years, inpatients with stroke two weeks to six months previously, medically stable  
E: significant cognitive impairment (AMT ≤8, MMSE ≤24, or opinion of lead physician), aphasia, comorbid psychiatric disorder other than anxiety or depression | 80 years (52) | SCID (interview) | 3 days (range 1-7) | 69 | 11.6 (4.0, 19.1) |
| Leppavuori, 2003, Finland                     | Hospital/cross-sectional/consecutive/NR | I: Ischaemic stroke  
E: SAH, ICH, no clinical neurological examination, severe aphasia, refusal of psychiatric examination | 71 years (51) | DSM-IV_GAD | 3-4 months | 277 | 21 (16–26) |
| Morris, 1990, Australia                       | Hospital/cohort/consecutive/NR | I: ischaemia & haemorrhagic stroke (WHO) (CT)  
E: aphasia | 71 years (51) | DSM-III | 2 months  
1 year | 99  
56 | 3·0 (0–6·4)  
5·4 (0–11) |
| Mumladze, 2016, Georgia                       | NR/cohort/NR | NR | NR | DSM-IV (interview) | Acute | 168 | 17.3 (11.5, 23) |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|-------------------------------------------|---------------------------|------------------|-----------------------------|-----------------|---|----------------------|
| OCSP, 1991, UK                                | Community / cohort / registry / 1981-1986 | I: first-ever stroke (CT) E: recurrent stroke, TIA | 71 years (45)     | DSM-III (GAD)               | 1 month         | 89 | 1·1 (0, 3)            |
|                                              |                                           |                           |                  |                             | 6 months        | 119| 0·8 (0, 3)            |
|                                              |                                           |                           |                  |                             | 1 year          | 112| 0 (0, 0)              |
|                                              |                                           |                           |                  |                             | 2-5 years       | 60 | 20 (10, 30)           |
|                                              |                                           |                           |                  |                             |                 |    | Agoraphobia 8·3 (1·3–15·3) |
|                                              |                                           |                           |                  |                             |                 |    | GAD 5·0 (0–11)         |
|                                              |                                           |                           |                  |                             |                 |    | Simple phobia 5·0 (0–11) |
|                                              |                                           |                           |                  |                             |                 |    | Panic disorder 2·0 (0–5) |
| OCSP-II, 1990, UK                            |                                           |                           |                  |                             |                 |    |                      |
| Oni, 2016, Nigeria                           | Hospital/ cross-sectional/ consecutive/ 2013-2014 | I: adult stroke survivors E: severe cognitive deficits | 57 years (54)     | SCAN (interview)            | 28 <1 year      | 70 | 10.0 (3·0, 17·0)      |
|                                              |                                           |                           |                  |                             | 9 1-2 years     |    |                      |
|                                              |                                           |                           |                  |                             | 33 >2 years     |    |                      |
| PCSS, 1995, Australia                        | Community / cohort / ideal case finding / 1995-1996 | I: first-ever or recurrent stroke or TIA (WHO) | 73 (56)           | DSM-III                    | 4 months        | 294| 19 (14–23)           |
|                                              |                                           |                           |                  |                             |                 |    | Agoraphobia 16 (12–20) |
|                                              |                                           |                           |                  |                             |                 |    | GAD 3 (1–5)           |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---|---|---|---|---|---|---|---|---|
| Petrova, 2012, Russia | Hospital / cohort / consecutive / NR | I: stroke, admitted within 24 hours of onset. E: significant co-morbidity, cancer, amnesia | 70 years (48) | DSM-IV | 1, 7, 14 and 28 days, and 3, 6 and 12 months post-stroke | 198 | (overall period) GAD 33.3 (26.8, 39.8) Phobias 22.2% |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n  | Rate of anxiety (95% CI) |
|-----------------------------------------------|----------------------------------------|-----------------------------|-------------------|-----------------------------|-----------------|----|-------------------------|
| Sagen, 2009, Norway                           | Hospital/cohort/consecutive/2003-2005   | I: ischaemic stroke         | 65 years (59)     | SCID (interview)            | 4 months        | 104| 23.1 (15.0, 31.2)       |
|                                              |                                        | E: TIA, insufficient competence in Norwegian language, severe aphasia, psychosis, MMSE <20, terminal illness |                   |                             |                 |    | GAD: 5.8 (1.3, 10.3)    |
|                                              |                                        |                             |                   |                             |                 |    | PTSD: 2.9 (0, 6.1)      |
|                                              |                                        |                             |                   |                             |                 |    | Specific phobia: 8.7 (3.3, 14.1) |
|                                              |                                        |                             |                   |                             |                 |    | Social phobia: 2.9 (0, 6.1) |
|                                              |                                        |                             |                   |                             |                 |    | Panic with agoraphobia: 7.7 (2.6, 12.8) |
|                                              |                                        |                             |                   |                             |                 |    | Panic without agoraphobia: 2.9 (0, 6.1) |
|                                              |                                        |                             |                   |                             |                 |    | Agoraphobia without panic disorder: 3.8 (0.2, 7.5) |
|                                              |                                        |                             |                   |                             |                 |    | OCD: 1.9 (0, 4.6)       |
|                                              |                                        |                             |                   |                             |                 |    | Anxiety NOS: 1 (0, 2.8) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|------------------------------------------------|------------------------------------------|----------------------------|-------------------|----------------------------|-----------------|---|------------------------|
| Schottke, 2015, Germany                          | Rehabilitation/cross-sectional/NR/NR     | I: acute cerebral infarction or intracerebral haemorrhage, neurological symptoms exceeding 24 hours, precise documentation of lesion, admission to rehabilitation clinic capability to attend facilities and undergo structured interview in German E: severe communication disorders | 67 years (56)    | SCID (interview)           | 6 weeks         | 289 | 20.4 (15.8, 25.0)  
GAD: 4.8 (2.4, 7.3)  
Specific phobia: 3.8 (1.6, 6)  
Social phobia: 2.1 (0.4, 3.7)  
Panic with agoraphobia: 1 (0, 2.2)  
Panic without agoraphobia: 2.1 (0.4, 3.7)  
Agoraphobia without panic disorder: 4.5 (2.1, 6.9)  
OCD: 2.1 (0.4, 3.7) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n  | Rate of anxiety (95% CI) |
|---------------------------------------------|-----------------------------------------|---------------------------|------------------|---------------------------|----------------|----|------------------------|
| Schultz, 1997, USA                          | Hospital / cohort, consecutive / NR    | I: stroke                | 58 years (57)    | DSM-IV_GAD                | Acute phase   | 142| 19 (13–25)             |
|                                            |                                         |                          |                  |                           | 3 months       | 77 | 77 3m 22 (13–31)       |
|                                            |                                         |                          |                  |                           | 6 months       | 79 | 79 6m 25 (16–35)       |
|                                            |                                         |                          |                  |                           | 12 months      | 70 | 70 12m 11 (4·0–19)     |
|                                            |                                         |                          |                  |                           | 2 years        | 66 | 66 2y 18 (8·9–27)      |
| Tang, 2002, Hong Kong                       | Rehabilitation/ cross-sectional/ consecutive / 1999–2000 | I: First-ever stroke (CT)  | 71 years (45)    | DSM-III-R                | 25 days        | 157| 0·6 (0–1·9)            |
|                                            |                                         | E: TIA, SAH, history of neurological impairment, comprehension and communication deficits, length of stay <2 weeks |  |                |                |    |                        |
| Verma, 2012, India                          | Hospital/cross-sectional/ NR/NR        | NR                       | NR               | NR                        | 1-6 months     | 100| 24.0 (15·6, 32·4)      |
| Zhang, 2011, NR                             | Hospital/cross-sectional/NR/NR         | NR                       | NR               | CCND-3 (interview)       | Acute          | 350| 10.0 (6·9, 13·1)       |
Table 2: Characteristics of included studies: rating scale methods

| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|----------------------------------------|-----------------------------|-------------------|-----------------------------|-----------------|---|------------------------|
| Ahlsio, 1984, Sweden                           | Community/cross-sectional/Consecutive/1979 | I: CI, TIA, SAH (CT) E: Severe disability, aphasia, dementia | 71 years (60) | Self-report | 2 years | 53 | 26 (15–38) |
| Study                                      | Population/cohort/all patients on register | I: stroke (WHO)                                  | E: severe cognitive or communication impairment | 53% male | HADS-A >7 | 3 months | 1 year | 2 years | 3 years | 4 years | 5 years | 6 years | 7 years | 8 years | 9 years | 10 years | 10 years | 15 years |
|-------------------------------------------|--------------------------------------------|------------------------------------------------|------------------------------------------------|----------|---------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| South London Stroke Register (SLSR): Ayerbe, 2014, UK | Population/coh/ Jan 1995 – Dec 2009       | I: stroke (WHO)                                  | E: severe cognitive or communication impairment | 55%      |         |          |        |        |        |        |        |        |        |        |        |        |        |        |
| Crichton, 2016, UK                        | 1995 – 2003                                | I: stroke (WHO)                                  | E: severe cognitive or communication impairment | 57%      |         |          |        |        |        |        |        |        |        |        |        |        |        |        |
|                                           |                                            | I: stroke (WHO)                                  | E: severe cognitive or communication impairment | 58%      |         |          |        |        |        |        |        |        |        |        |        |        |        |        |
| Crichton, 2016, UK                        |                                             | Median: 62 years (59)                            |                                                 |          | HADS-A >7 |          |        |        |        |        |        |        |        |        |        |        |        |
| Azanmasso, 2017, Benin                     | Hospital/cross-sectional/ NR/NR            | NR                                              |                                                 | 54.3 years | HADS (cut off NR) |          |        |        |        |        |        |        |        |        |        |        |
|                                           |                                             |                                                  |                                                 | >6 months |          |          |        |        |        |        |        |        |        |        |        |        |        |

- Azanmasso, 2017, Benin: Hospital/cross-sectional/ NR/NR, NR/54.3 years, HADS (cut off NR) >6 months, 67, 22.4 (12.4, 32.4)
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|------------------------------------------------|------------------------------------------|-----------------------------|-------------------|----------------------------|----------------|---|-------------------------|
| Barker-Collo, 2007, New Zealand                | Rehabilitation / cross-sectional / consecutive / NR | I: ischaemic or Haemorrhagic stroke (CT) E: aphasia, non-native language speaker | 52 years (55) | BAI>25 | 3 months | 81 | 21 (11–32) |
| Barker-Collo, 2017, New Zealand               | Population/cohort/all new hospitalised or non-hospitalised patients/2011-2012 | I: stroke (WHO), resident of Auckland region, ≥16 years E: intracerebral haemorrhage, SAH, sensory or cognitive impairment, speech or language barrier, too unwell | 69.2 years (53) | HADS-A >7 | 2 weeks 1 month 6 months 1 year | 208 353 346 365 | 14.5 (10.9, 18.1) ????? |
| Beghi, 2009, Italy                            | Hospital / cross-sectional / consecutive / 2000-2001 | I: stroke E: sufficient language for interview. MMSE > 18 | 70 years ((68) | HAMA >17 | > 2 years | 82 | 12.2 (5.1, 19.3) |
| Bergerson, 2010, Norway                       | Rehabilitation / cross-sectional / mail-out all patients / 1998-2001 | I: Ischaemic, ICH, SAH E: aphasia | 54 years (64) | HADS-A>10 | 2-5 years | 162 | 17 (11–22) |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n   | Rate of anxiety (95% CI) |
|-----------------------------------------------|-------------------------------------------|-----------------------------|-------------------|-----------------------------|-----------------|-----|-------------------------|
| Bovim, 2016, NR                               | Hospital/cohort/NR /NR                    | I: >18 years                | 76.8 years        | HADS-A >7                   | ≤14 days        | 390 | 63.6 (58.8, 68.4)       |
|                                               |                                           | E: receiving palliative care |                   |                             |                 |     |                         |
| Broomfield, 2014, UK                          | Population/ cohort/all consecutive patients/ 2012-2013 | I: on Glasgow LES database | 70.3 years (57) | HADS-A >7                   | NR             | 4079| 28.9 (27.5, 30.3)       |
|                                               |                                           | E: resident in care-home, housebound |                   |                             |                 |     |                         |
| Broomfield, 2015, UK                          | Community/ cross-sectional/ NR/2009-2010 | I: patients on primary care stroke registers, who agreed to an annual health check | 70.4 years (55) | HADS-A >7                   | NR             | 3831| 16.0 (14.8, 17.2)       |
|                                               |                                           | E: resident in nursing home, housebound, serious comorbidity |                   |                             |                 |     |                         |
| Bruggiman, 2006, Switzerland                  | Community/ cross-sectional/ consecutive / NR | I: First-ever ischemic or hemorrhagic stroke | 51 years (67)    | HADS-A >7                   | 1 year          | 49  | 24 (12–37)              |
| Study name or author, year published, Location | Setting/design/rehabilitation/cohort/all patients/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|---------------------------------------------------------------|----------------------------|--------------------|----------------------------|-----------------|---|------------------------|
| Buijck, 2012, Netherlands                      | Rehabilitation/cohort/all patients/2008                       | I: all patients            | 79 years (54)      | NPI >0                     | NR              | 145| 15.0 (9.2, 20.8)       |
|                                               |                                                               | E: expected to be discharged within two weeks, critically ill |                    |                           |                 |    |                        |
| Carod-Artal, 2009, Brazil                     | Rehabilitation/cross-sectional/consecutive/2007-2008           | I: Ischaemic or haemorrhagic stroke (clinical diagnosis & radiological findings)  
E: TIA, subdural haematoma, dementia, aphasia, severe disability due to previous neurological disorder | 56 years (52)      | HADS-A>10                 | 20 months | 300 | 24 (19–29)             |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|----------------------------------------|---------------------------|-------------------|----------------------------|-----------------|---|------------------------|
| Castellanos-Pinedo, 2011, Spain               | Hospital/cohort/NR/2007-2008           | I: stroke (neuroimaging), patient has responsible caregiver  
E: previous dementia or cognitive decline (clinical record or IQCODE), cerebral haemorrhage or other suspected cause etiology of brain injury, TIA, persistent coma or severe alteration of consciousness four weeks after stroke, death or appearance of new lesion before four weeks | 70 years (52) | HAMA >5 | 4 weeks | 89 | 33.7 (23.9, 43.5) |
| Chanchaem, 2013, Thailand                    | NR/cross-sectional/NR/2010-2012        | NR                        | 62.5 years       | HADS (cut off NR) | NR | 215 | 22.3 (16.7, 27.9) |
| Crowley, 2017, UK                            | Hospital-based acute unit and community-based stroke service /cohort/consecutive/NR | I: first stroke three months previous, able to communicate  
E: MMSE <18, dementia, significant premorbid psychiatric illness, premorbid alcohol or drug addiction | 62 years (66) | HADS-A >7 | 3 months | 35 | 39.0 (22.8, 55.2) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|------------------------------------------|---------------------------|-------------------|----------------------------|-----------------|---|------------------------|
| D’Alisa, 2005, Italy                          | Rehabilitation / cross-sectional / consecutive / 2002-2004 | E: MMSE<24, aphasia       | 63 years (60)     | HADS-A>10                  | 5 years         | 73 | 21 (11–30)              |
| D’Aniello, 2014, Italy                        | Rehabilitation / cross-sectional / NR/NR | I: first or second diagnosis of stroke
E: global aphasia, behavioural disorders, dementia | 62 years (59)     | HADS-A >4                | 4 years (range 1-20) | 81 | 55.6 (44.8, 66.4)       |
| De Weerd, 2011, Netherlands                   | Hospital/cohort/all patients/ 2006-2007 | I: all patients admitted to department of neurology
E: <65 years, referral to nursing home, rehabilitation centre, or another department | 77 years (44)     | HADS-A >7                | 12 months       | 57 | 9.1 (1.6, 16.6)         |
| De Weerd, 2012, Netherlands                   | Hospital/cohort/all patients/ 2007-2008  | I: all ischaemic stroke patients
E: <60 years, referral to nursing home, rehabilitation centre, or another department | 75 years (65)     | HADS-A >7                | 12 months       | 88 | 5.6 (0.8, 10.4)         |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---|---|---|---|---|---|---|---|---|
| Delva, 2017, Ukraine | NR/cohort/NR/NR | I: acute stroke  
E: major illness that could cause secondary fatigue, alcohol abuse, consciousness impairment or MMSE <24, depressive or anxious disorders (HADS-A >10), severe aphasia or dysarthria, impaired language or written ability, mRS ≥4 | 64 years (47) | HADS-A >4 | 6 months | 156 | 21.2 (14.8, 27.6) |
| DeWit, 2008, England, Belgium, Switzerland, Germany | Rehabilitation / cohort / consecutive / 2002-2004 | I: first-ever stroke (WHO) (CT), RMA-GP<12 and/or leg trunk function <9 and/or arm function <13  
E: neurological impairments, prestrike BI<50, subdural haematoma, admitted to rehab centre 6 or more weeks post-stroke | 70 years (53) | HADS-A >7 | 2 months  
4 months  
6 months | 491  
478  
467 | 25 (21–29)  
4m 23 (19–27)  
6m 21 (18–25) |
| Study name or author, year published, Location | Setting/design/ recruitment/year of study | Inclusion (I)/exclusion (E)                                                                                                                                                                                                 | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------------------|-----------------|---|-------------------------|
| Donnellan, 2010, Ireland                       | Hospital / cross-sectional / consecutive admissions / not stated | I: first or recurrent stroke (WHO, CT) & FAST ≥14 & Abbreviated Mental Test score ≥8  
E: TIA, SAH, traumatic intracranial haemorrhage, dementia, extreme critical illness                                          | Range 20-98 years [mean not reported] (51)                                                                                                                   | HADS-A >7         | 1 month 1 year              | 107 94               | 35 (26–44) 32 (24 - 42) |
| Donnellan, 2016, Bahrain                      | Hospital/ cohort/all consecutive/NR     | I: ≥18 years, first or recurrent stroke, ability to participate in interview, FAST ≥14  
E: TIA or related syndromes, aphasia, medically unstable, vascular dementia or pre-stroke cognitive impairment, TBI or traumatic intracranial or subarachnoid haemorrhage, visual or hearing impairment, neurodegenerative disease | 61 years (67)                                                                                                                                             | HADS (cut off NR) | 1-2 weeks 64                | 27.0 (16.1, 37.9)    |
| Elf, 2016, Sweden                             | Hospital/cohort/ all patients/ 2006-2007 | I: living in community three months post-stroke  
E: NR                                                                                                                                                    | 62 years (56)                                                                                                                                             | HADS-A >4         | 6 years 102                | 36.3 (26.9, 45.6)   |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|----------------------------------------------|----------------------------------------|-----------------------------|-------------------|-----------------------------|-----------------|---|------------------------|
| Field, 2008, UK                              | Hospital / cross-sectional / all patients meeting criteria | E: cognitive impairment, aphasia, acute medical problems | 72 years (53) | HADS-A >10 | <1 month | 81 | 21 (12–30) |
| Fure, 2006, Norway                           | Hospital / cross-sectional / consecutive / 2000-2002 | I: stroke (CT) E: TIA, moderate to severe aphasia, consciousness | 69 years (63) | HAD-A >7 | 1 week | 178 | 26 (20–33) |
| Galligan, 2016, Ireland                      | Mixed (clinic, hospital, and support group)/cross-sectional/NR/NR | I: ≥18 years, stroke (WHO) between one month and two years ago E: significant cognitive impairment, moderate to severe communication difficulties, major comorbid medical difficulties or acute health difficulties | 65 years (71) | HADS (cut off NR) | NR | 98 | 36.7 (27.2, 46.3) |
| Gangstad, 2009, UK                           | Rehabilitation/cross-sectional/all patients attending clinic approached meeting inclusion/NR | E: Cognitive impairment | NR (NR) | HADS-A>10 | 14 months | 15 | 6·7 (0–19) |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---------------------------------------------|-------------------------------------------|-----------------------------|-------------------|--------------------------------|----------------|---|---------------------------|
| Ghika-Schmid, 1999, Switzerland              | Rehabilitation/ cross- sectional/ consecutive / NR | I: First-ever stroke only (CT or MRI) | 60 years (NR) | HAM-A>14 | 3 months | 31 | 29 (13–45) |
| Giaquinto, 2007, Italy                      | Rehabilitation/ cross-sectional/ consecutive /2004–2005 | I: First-ever stroke (CT or MRI) E: TIA, SAH, previous stroke but not TIA, admission to rehab >three-week poststroke, severe comorbidity, mental or comprehension impairment | 70 years (46) | HADS-A >5 | 10 days | 132 | 42 (33–50) |
| Gillespie, 1997, UK                         | Community/ cross-sectional/ mail-out to discharged patients/ NR | I: Stroke (WHO) E: Communication difficulties, cognitive impairment, significant comorbidity, recent major life event unrelated to stroke | 69 years (66) | HADS-A >8 | 7 months | 44 | 25 (12–38) |
| HSRS, 1999, Japan                           | Community / cohort / registry / 187 | I: all strokes | 66 years (64) | GHQ-60 > 4 out of 7 on anxiety subscale | 2.5 years | 66 | 43 (29–57) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---------------------------------------------|----------------------------------------|---------------------------|------------------|----------------------------|-----------------|---|------------------------|
| Huzmeli, 2017, Turkey                       | Hospital/cross-sectional/all patients/NR | I: all patients with hemiplegic symptoms  
E: NR | 61 years (73) | GAD-7 ≥15 | 6 months to 5 years | 30 | 33.3 (16.4, 50.2) |
| Ibrahimagic, 2005, Bosnia and Herzegovina  | Hospital/cohort/consecutive/NR         | I: Ischaemic stroke (CT) and able to complete self-report questionnaire  
E: NR | 65 years (50) | Zung ≥50 | 2 days  
2 weeks | 40  
40 | 30 (16–44)  
25 (12–38) |
| Ibrahimagic, 2013, Bosnia and Herzegovina  | NR/cross-sectional/NR/NR/NR            | I: stroke (CT)  
E: NR | 65 years (50) | Zung SAS ≥50 | Acute | 40 | 30.0 (15.8, 44.2) |
| Jones, 2012, Tanzania                      | Community/cohort/all patients/2003-2007 | I: first of recurrent stroke (WHO)  
E: neurological deficit cause by infection or space-occupying lesion | 67 years (48) | HADS-A >7 | 36 months (range 6-60) | 51 | 21.6 (10.3, 32.9) |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|-------------------------------------------|-----------------------------|-------------------|----------------------------|-----------------|---|--------------------------|
| Kim, 2017, South Korea                         | Rehabilitation/ cohort/NR/NR              | I: ≥18 years, first stroke (clinical presentation and MRI), ICD-10 codes 160-164, satisfactory cognitive function  
E: MMSE ≤10, MMSE 11-23 with physician confirmation of cognitive incompetence, TIA, severe auditory or visual impairment | 60 years (58) | HADS-A >10 | 1 month | 214 | 20.6 (15.2, 26.0) |
| Knapp, 1998, UK                               | Hospital / cross-sectional / consecutive / NR | I: stroke within past month, sufficient language and cognition for interview, named carer also willing to participate, living independently pre-stroke | 69 years (53) | HADS-A >7 | < 1 month | 30 | 47 (29–65) |
|                                               |                                           |                             |                   |                           | 1 month post-discharge | 30 | 27 (11–43)       |
|                                               |                                           |                             |                   |                           | 6 months post-discharge | 30 | 30 (14–47)       |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---|---|---|---|---|---|---|---|
| Kootker, 2016, Netherlands | Hospital / cohort/ consecutive / 2011-2013 | I: Diagnosis of clinically confirmed cerebral stroke; aged >=18; sufficient knowledge of Dutch language to complete assessments; within first week post-stroke  
E: Serious comorbid condition that might influence study outcomes; pre-stroke Barthel Index <=17; pre-stroke Heteroanamnes List Cognition >=1 | 67 years (65) | HADS-A >7 | 1 year | 395 | 24.0 (19.0, 29.0) |
| Langhorne, 2000, UK | Rehabilitation/ cohort/ multi-centre consecutive / NR | I: Stroke (WHO) within seven-days of onset | 76 years (52) | Single question | 6 months post-discharge | 220 | 34 (28–40) |
| | | | | | 18 months post-discharge | 181 | 44 (37–51) |
| | | | | | 30 months post-discharge | 155 | 49 (41–57) |
| Li, 2006, China | Hospital / cross-sectional / random selection / 2000-2002 | I: Cerebral infarction | 53 years (53) | HADS-A >9 | NR | 91 | 31 (21–40) |
| Study name or author, year published, Location | Setting/design/ recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|------------------------------------------|---------------------------|-------------------|---------------------------|----------------|---|------------------------|
| Lincoln, 1998, UK                             | Community/ cross-sectional/ 74 GP practices/ 1994–1996 | I: Stroke (WHO)           | 76 years (67)     | HADS-A >10                | 1 month        | 84 | 26 (17–36)            |
| Lincoln, 2013, Belgium, UK, Switzerland & Germany | Rehabilitation/ cohort/consecutive/NR | I: age 40-85, first stroke  
E: admitted >6 weeks after stroke, comorbid neurological impairments, poor prestrike functional ability (BI <50) | 68 years (54) | HADS-A >7             | 6 years        | 220 | 29.0 (23.0, 35.0) |
| Study name or author, year published, Location | Setting/design/ recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|------------------------------------------|----------------------------|-------------------|----------------------------|-----------------|---|------------------------|
| Liu, 2018, China                              | Hospital/ cross-sectional/ consecutive/ 2013-2014 | I: 18-80 years, admitted with seven days of first or recurrent stroke, absence of thrombolysis or interventional therapy; CAT, SOD, and MDA measured on admission<br> E: previous history or family history of psychiatric disorders, severe aphasia or dysarthria, significant physical illness (listed), history of antipsychotic medication or vitamins, | 64 years (65) | HAMA >7 | 1 month | 203 | 24.0 (18.1, 29.9) |
| Macniven, 2005, UK                            | Rehabilitation/ cross-sectional/ two-week audit of all patients on ward/ NR | E: Language problems | 68 years (47) | HADS-A >7 | 58.5 days | 57 | 65 (42–87) |
| Masskulpan, 2008 & Kuptniratsaikul, 2009, Thailand | Rehabilitation/ cohort/ national registry / 2006 | I: Adult stroke patients<br> E: Severe medical comorbidities, inability to communicate, dementia, schizophrenia or present psychotic episode | 62 years (59) | HADS-A >10 | 24 days<br> 2 months | 327<br> 251 | 5·8 (3·3–8·4)<br> 26 (20–31) |
| Study name or author, year published, Location | Setting/design/ recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---------------------------------------------|------------------------------------------|-----------------------------|------------------|-----------------------------|-----------------|---|------------------------|
| Mellon, 2013, Ireland                       | NR/cohort/consecutive/NR                | NR                          | NR               | HADS (cut off NR)           | 6 months        | 256| 32.0 (26.3, 37.7)     |
| Merriman, 2007, UK                          | Hospital/cross-sectional/in-hospital and postal mail-out to discharged patients/NR | I: adults & 1-12 months post-stroke, able to complete self-report questionnaire E: dysphasia, acute medical problems | 74 years (56) | HAD-A > 10 | 1-12 months | 102 | 20 (12–27) |
| Mihalov, 2016, Slovakia                     | Hospital/cohort/consecutive/2013-2014   | I: NR                       | E: persistent severe aphasia or cognitive deficit, using antidepressants for >6 months | 68 years (64) | HADS-A >7 | 6 months | 47 | 17.0 (6.3, 27.7) |
| Moon, 2004, South Korea                     | Hospital/cross-sectional/consecutive/2002 | I: stroke (MRI)              | NR (62)          | BAI>21                     | 2 months        | 69 | 49 (37–61)            |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n   | Rate of anxiety (95% CI) |
|-----------------------------------------------|---------------------------------------------|-----------------------------|-------------------|----------------------------|-----------------|-----|------------------------|
| Morrison, 2000 & 2005, UK                     | Hospital / cohort / patient admitted to hospital / NR | I: residual disability, pass screening test for cognitive & communicative problems | 69 years (51) | HADS-A>10 | <1 month | 101 | 24 (15–32) |
|                                               |                                             |                             |                   |                            | 2 months | 78  | 21 (12–29) |
|                                               |                                             |                             |                   |                            | 6 months | 71  | 23 (13–32) |
|                                               |                                             |                             |                   |                            | 3 years  | 38  | 26 (12–40) |
| Mulroy, 2012, NR                              | NR/cross-sectional/ NR/NR                    | I: cognitively intact, mRS <3 | 68 years (61) | HADS-A >7 | NR        | 94  | 14.9 (7.7, 22.1) |
|                                               |                                             | E: NR                       |                   |                            |           |     |           |
| Mutai, 2017, Japan                            | Hospital/ cross-sectional/ NR/2012-2013     | I: ischaemic or haemorrhagic stroke (clinical or radiological findings) | 74 years (66) | HADS-A >10 | 2 weeks | 101 | 24.7 (16.3, 33.1) |
|                                               |                                             | E: severe confusion, severe aphasia, severe moto complications with immobility |                   |                            |           |     |           |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n  | Rate of anxiety (95% CI) |
|---------------------------------------------|------------------------------------------|---------------------------|------------------|----------------------------|-----------------|----|------------------------|
| Nakling, 2017, Norway                       | Hospital/ cohort/all patients/ 2008-2011 | I: stroke (MRI/CT), home-dwelling, NIHSS 2-26 or <2 with mRS ≥2  
E: severe psychiatric illness, alcohol or substance abuse, serious conditions interfering with rehabilitation process, insufficient knowledge of Norwegian language | 69 years (58) | HADS-A >7 | 1 year | 105 | 13.6 (7.0, 20.2) |
| NEMSIS, 2004, Australia                     | Community / cohort / ideal case finding method | I: first and recurring stroke (WHO, CT or MRI) | Unclear | IDA-A (score 9-15) | 3 months  
1 year  
2 years  
5 years | 475  
498  
201  
424 | 13 (10–16)  
10 (7–13)  
11 (6–15)  
8·5 (6–11) |
| Nijesse, 2017, Netherlands                  | Hospital/ cross-sectional/ 2011-2013 | I: ≥18 years, stroke (clinically confirmed) in previous seven days  
E: other serious condition expected to interfere with study outcomes, BI <18, insufficient Dutch language ability, ≥1 on HLC pre-stroke | 67 years (64) | HADS-A >7 | 2 months | 350 | 20.4 (16.2, 24.6) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|---------------------------------------------|---------------------------------------|--------------------------|------------------|----------------------------|-----------------|---|------------------------|
| Ojagbemi, 2017, Nigeria                     | Hospital/cross-sectional/consecutive/NR | I: stroke (neuroimaging and clinical examination) E: severe communication difficulties or aphasia, dementia (CSI ≤20), mRS ≥3, significant comorbidity | 57 years (64) | HADS-A >10 | <1 month | 391 | 19.7 (15.8, 23.6) |
| Ponchel, 2016, France                      | Hospital/cohort/consecutive/NR        | I: ≥18 years, admitted for stroke (MRI), MRI within 72 hours of symptom onset E: prestrike dementia (IQCODE >64); malformed, traumatic, pure-meningeal or intraventricular haemorrhage; patient under legal care of guardianship, contraindicated for MRI, inability to speak and understand French, neurological deficits including aphasia severe enough to impact understanding of questionnaires or tests | 64 years (61) | HAMA >6 | 6 months | 153 | 41.8 (34, 49.6) |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|-------------------------------------------|----------------------------|-------------------|----------------------------|-----------------|---|------------------------|
| Raju, 2010, India                             | Hospital / cross-sectional / patients completing at least 1 month clinical follow-up / 2008-2010 | I: first-ever ischaemic & haemorrhagic stroke (WHO) (CT or MRI), at least 1 month post-stroke E: history of psychoactive substance abuse, dementia, psychiatric comorbidity, aphasia | 54 years (70) | HADS-A>10 | 1.5 years | 162 | 11 (6.3–16) |
| Sampson, 2003, UK                             | Hospital / case-control / recruit from 6 stroke units / NR | I: Ischaemic or haemorrhagic stroke E: Cognitive impairment, dysphasia, too unwell or with terminal illness, MRSA infection | NR | HADS-A>9 | NR | 69 | 26 (14–38) |
| SELSS, 1997, UK                               | Community / cohort/ registry / 1989-1990 | I: first-ever stroke in persons <75 including those who did not survive initial event. | 71 (54) | HADS >9 | 5 years | 96 | 31 (22–41) |
| Sembi, 1998, UK                               | Rehabilitation/cross-sectional/ recruited from three rehabilitation sites/ 1995–1996 | I: adults, first-ever stroke or TIA, able to complete self-report Questionnaire E: Dysphasia | 66 years (NR) | HADS-A >10 | 18 months | 61 | 15 (5.9–24) |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|--------------------------------------------|-----------------------------|--------------------|----------------------------|----------------|---|------------------------|
| Solgajova, 2017, NR                           | Hospital/cross-sectional/ NR/2015-2016      | I: first stroke, lucid consciousness, oriented, informed consent given E: aphasia | 67 years (60)      | HADS-A >7                  | NR             | 74 | 16.0 (7.6, 24.4)       |
| Stojanovic, 2015, Bosnia and Herzegovina      | Hospital/cross-sectional/ NR/NR             | I: first stroke with macroscopic lesions in prosencephalon on CT E: comorbid state (heart decompensation, unstable angina, MI in previous year, infective, malignant, or immunological diseases), NIHSS, >10, moderate to severe dysphasia | Range 44–87 (50)   | HAMA >13                   | NR             | 118| 17.8 (10.9, 24.7)      |
| Stone, 2004, UK                               | Hospital / nested cross-sectional / consecutive / 2004 | E: severe stroke with high risk of death, dementia, aphasia, cognitive impairment, patients living alone, carer unable to talk with researcher | 72 years (49)      | HADS-A>7                   | 1 month        | 89 | 20 (12–29)             |
| Study name or author, year published, Location | Setting/design/ recruitment/ year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n   | Rate of anxiety (95% CI) |
|-----------------------------------------------|-------------------------------------------|----------------------------|-------------------|-----------------------------|-----------------|-----|--------------------------|
| Tang, 2012, Hong Kong                         | Hospital/cohort/ all admissions/ 2004-2009 | I: first or recurrent acute ischaemic stroke with MRI E: history of CNS diseases or dementia, physical frailty, recurrent stroke within follow up period, aphasia, severe auditory or visual impairment, non-Chinese ethnicity or non-Cantonese speaking, MMSE <20, history of anxiety or other psychiatric disorder, history of alcohol or drug abuse | 66 years (61) | HADS-A >7 | 1-5 months | 693 | 6.1 (4.3, 7.9) |
| Tang, 2013, Hong Kong                         | Hospital / cross-sectional / consecutive / 2008-2011 | I: Chinese ethnicity; Cantonese as primary language; adult; confirmed stroke (CT) within 7 days of admission. E: TIA, SAH CH or SDH; history of other CNS condition; MMSE <20; aphasia; physical frailty; severe auditory or visual impairment; recurrent stroke. | 66 years (59) | HAD-A >7 | 3 months  | 374 | 23.0 (18.7, 27.3) |
| Study name or author, year published, Location | Setting/design/ recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n  | Rate of anxiety (95% CI) |
|-----------------------------------------------|------------------------------------------|-----------------------------|-------------------|-----------------------------|-----------------|----|------------------------|
| Townend, 2007, Australia                      | Hospital / cohort / consecutive / NR    | I: Ischaemic or haemorrhagic stroke  
E: dysphagia, MMSE<20, reduced level of consciousness | 76 years (49) | HADS-A>8 | 5 days | 125 | 4·8 (1·1–8·6) |
|                                               |                                          |                             |                   |                             | 1 month | 112 | 8·0 (3·0–13) |
|                                               |                                          |                             |                   |                             | 3 months | 105 | 14 (7·6–21) |
| Vicentini, 2017, Brazil                       | Hospital/cross-sectional/ NR/2014-2015   | I: 45-80 years, first ischaemic stroke (CT)  
E: severe aphasia or dysarthria, history of psychiatric or neurological disorders | NR | BAI >11 | Acute | 37 | 11.8 (1.4, 22.2) |
| Vickery 2006, USA                             | Rehabilitation/cross-sectional/sample of admitted patients/ NR | I: Stroke  
E: history of comorbid dementia, Non-stroke neurological process, acute delirium, severe psychiatric disturbance | 69 years (45) | AMAS >64 | 20 days | 141 | 7·8 (3·4–12) |
| Visser-Keizer, 2002, Netherlands              | Community/ cross-sectional/ 350 GP clinics/ NR | I: First-ever ischemic stroke (CT)  
E: neurologic or psychiatric history, history of alcohol or drug abuse, insufficient language and cognitive ability for assessment, aphasia | 67 years (59) | HADS-A >5 | 3 months | 113 | 14 (7·7–21) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|----------------------------------------|----------------------------|--------------------|-----------------------------|-----------------|---|----------------------|
| Vul etic, 2011, Croatia                       | Hospital/cross-sectional/all patients/2008 | I: first stroke (CT) in previous three months  
E: recurrent stroke, major medical illness, alcohol abuse, decreased level of consciousness, dysphasia, severe cognitive impairment | 62 years (57) | HADS (cut off NR) | 1-5 months | 35 | 37.0 (21.0, 53.0) |
| Vul etic, 2012, Croatia                       | Hospital/cross-sectional/all patients/2006 | I: first stroke (CT)  
E: TIA, previous emotional problems, severe aphasia, clouding of consciousness | 71 years (50) | HADS (cut off NR) | 3-5 days | 40 | 40.0 (24.8, 55.2) |
| Watanabe, 1984, Japan                        | Hospital / cross-sectional / random selection/ NR | E: aphasia, dementia | 57 years (57) | TMAS | 6 months | 35 | 51 (35–68) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|------------------------------------------|-----------------------------|-------------------|----------------------------|-----------------|---|------------------------|
| Wu, 2017, China                               | Hospital/cross-sectional/NR/2013-2014    | I: 18-80 years, acute stroke (CT/MRI)  
E: decreased consciousness, severe cognitive dysfunction, aphasia, dysarthria, history of anxiety or other psychiatric disorders, history of stroke or other CNS disease | 63 years (63) | HAMA >7 | ≤7days | 226 | 26.5 (20.7, 32.3) |
| Zahilic, 2010, NR                             | NR/cross-sectional/NR/2008-2009          | I: first cerebral stroke  
E: comorbidity which could influence development of depression, “both cerebral and heart stroke” | 72 years (55) | HADS-A >7 | NR | 202 | 28.2 (22, 34.4) |
| Zhao, 1999, China                             | Hospital / cross-sectional / consecutive / NR | I: first-ever stroke (Chinese cerebral vascular disease symposium of 1995 definition)  
E: aphasia, mental disorder, epilepsy, mental retardation, cerebral trauma | 63 years (61) | Zung SAS>49 | 1 month | 206 | 18 (13–24) |
| Study name or author, year published, Location | Setting/design/recruitment/year of study | Inclusion (I)/exclusion (E) | Mean age (% male) | Method of measuring anxiety | Time post-stroke | n | Rate of anxiety (95% CI) |
|-----------------------------------------------|-----------------------------------------|-----------------------------|-------------------|-----------------------------|-----------------|---|-------------------------|

**Abbreviations:** AMT, Abbreviated Mental Test; BAI, Beck Anxiety Inventory; BI, Barthel Index; CAT, catalase; CCND-3, China psychiatric disorders classification and diagnosis standard version 3; CNS, central nervous system; CSID, Community Screening Interview for Dementia; CT, computed tomography used to diagnose stroke; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, 4th Edition; FAST, Frenchay Aphasia Screening Test; GAD-7, General Anxiety Disorder 7-item scale; HADS, Hospital Anxiety and Depression Scale; HAMA, Hamilton Anxiety Rating Scale; HLC, Heteroanamniesis List Cognition; ICD-10, International Classification of Diseases, 10th Edition; IQCODE, Informant Questionnaire on Cognitive Decline in the Elderly; LES, Local Enhanced Service; MDA, malondialdehyde; MINI PLUS, Mini-International Neuropsychiatric Interview-Plus; MMSE, Mini Mental State Examination; mRS, modified Rankin Scale; NIHSS, National Institutes of Health Stroke Scale; NPI, Neuropsychiatric Inventory; NR, not reported; SCAN, Schedule for Clinical Assessment 2.1; SCID, Structured Clinical Interview for DSM-IV Disorders; SOD, superoxide dismutase; WHO, World Health Organisation definition of stroke; Zung SAS, Zung Self-rated Anxiety Scale
Anxiety after stroke SR

Figure 1: Meta-analysis of anxiety prevalence when diagnosed by interview

Figure 2: Meta-analysis of anxiety prevalence when diagnosed by rating scale
