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TITLE: Associations Between Anxiety Symptoms and Health-Related Quality of Life: A Population-Based Twin Study in Sri Lanka

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ABSTRACT:

Anxiety not only influences mental wellbeing but also negatively impacts other areas

of health including physical wellbeing and quality of life. Yet, there is limited research on a) the genetic and environmental aetiology of such relationships; b) sex differences in their aetiological relationship and c) how this works/exists in non-western populations. In this talk, I will present how we addressed these research gaps using data from the Colombo Twin and Singleton Study (CoTASS), a population-based sample in Sri Lanka. Using bivariate genetic model fitting, I find significant sex differences in both the variance and covariance of anxiety and health-related quality of life. I will discuss these results as well as follow with my plans for future directions.

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