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Supplementary Figure S20: Incidence of prescriptions of beta-blockers per 1000PYAR by age

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Supplementary Figure S23: Changes in the proportion of patients with different treatment lengths for all antidepressants, between 2003 and 2018

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Supplementary Figure S26: Changes in the proportion of patients with different treatment lengths for antipsychotics, between 2003 and 2018

Supplementary Figure S27: Changes in the proportion of patients with different treatment lengths for anticonvulsants, between 2003 and 2018

Supplementary Appendix S1. BNF codes

2.4: Beta-Adrenoceptor Blocking Drugs

- Propranolol

4.1.1 - 4.1.2: Hypnotics & Anxiolytics

- Alprazolam
- Bromazepam
- Buspirone hydrochloride
- Chloral Hydrate
- Chlordiazepoxide hydrochloride
- Chlormezanone
- Clobazam
- Clomethiazole
- Cloral betaine
- Diazepam
- Dichloralphenazone
- Flurazepam
- Ketazolam
- Loprazolam
- Lorazepam
- Lormetazepam
- Medazepam
- Melatonin
- Meprobamate
- Methyprylone
- Midazolam
- Nitrazepam
- Oxazepam
- Potassium Bromide
- Prazepam
- Promethazine
- Sodium hydroxybutyrate
- Sodium oxybate
- Temazepam
- Triazolam
- Triclofos
- Zaleplon
- Zolpidem
- Zopiclone

4.2.1: Atypical antipsychotic Drugs

- Aripiprazole
- Clozapine
- Olanzapine
- Quetiapine
- Risperidone

4.3 (4.3.1 – 4.3.4): Antidepressant Drugs (Tricyclic & Related Antidepressant Drugs, Monoamine-Oxidase Inhibitors (MAOIs), Selective Serotonin Re-Uptake Inhibitors, Other Antidepressant Drugs)

- Agomelatine
- Amitriptyline
- Amoxapine
- Butriptyline
- Citalopram
- Clomipramine
- Desipramine
- Dosulepin
- Doxepin
- Duloxetine
- Escitalopram
- Fluoxetine
- Fluvoxamine
- Imipramine
- Iprindole
- Iproniazide
- Isocarboxazid
- Lofepramine
- Mianserin
- Mirtazapine
- Moclobemide
- Nefazodone
- Nortriptyline
- Protriptyline
- Paroxetine
- Phenelzine
- Reboxetine
- Sertraline
- Tranylcypromine
- Trazodone
- Trimipramine
- Tryptophan
- Venlafaxine
- Viloxazine
- Vortioxetine

4.7.3: Neuropathic Pain

- Gabapentin

4.8.1: Control of epilepsy

- Pregabalin

Supplementary Appendix S2. Anxiety codes

1B13.11 Anxiousness symptom
1B12.11 Nerves
1B12.12 Tension - nervous
1B13.00 Anxiousness
1Bk.00 Worried
1B12.00 Nerves - nervousness
1B13.12 - Anxious
2258.00 O/E - anxious
225J.00 O/E panic attack
E200.00 Anxiety states [parent]
E200000 Anxiety state unspecified
E200100 Panic disorder
E200111 Panic attack
E200200 Generalised anxiety disorder
E200300 Anxiety with depression
E200400 Chronic anxiety
E200500 Recurrent anxiety
E200z00 Anxiety state NOS
E202100 Agoraphobia with panic attacks
E202.11 Social phobic disorders
E202200 Agoraphobia without mention of panic attacks
Eu34114 [X] Persistent anxiety depression
Eu40000 [X] Agoraphobia
Eu40011 [X] Agoraphobia without history of panic disorder
Eu40012 [X] Panic disorder with agoraphobia
Eu40100 [X] Social phobias
Eu40112 [X] Social neurosis
Eu41.00 [X] Other anxiety disorders
Eu41000 [X] Panic disorder [episodic paroxysmal anxiety]
Eu41011 [X] Panic attack
Eu41012 [X] Panic state
Eu41100 [X] Generalised anxiety disorders
Eu41111 [X] Anxiety neurosis
Eu41113 [X] Anxiety state
Eu41200 [X] Mixed anxiety and depressive disorder
Eu41211 [X] Mild anxiety depression
Eu41300 [X] Other mixed anxiety disorders
Eu41y00 [X] Other specified anxiety disorders
Eu41z00 [X] Anxiety disorder, unspecified
Eu41z11 [X] Anxiety NOS

Supplementary Table S1. Prevalence of anxiolytic prescriptions per 1000 person years between 2003 and 2018 - any anxiolytic, all antidepressants, and SSRIs and ‘other’ antidepressants

| Variable | | Any anxiolytic | | | | All antidepressants | | | | SSRIs and ‘other’ antidepressants | | | |
|----------|------|----------------|---------|-----------------------|-------------|---------------------|---------|-----------------------|-------------|-----------------------------------|---------|-----------------------|-------------|
| | | N* | PYAR | Prevalence (1000PYAR) | (95%CI) | N * | PYAR | Prevalence (1000PYAR) | (95%CI) | N* | PYAR | Prevalence (1000PYAR) | (95%CI) |
| Year | 2003 | 27259 | 1094262 | 24.9 | (24.6-25.2) | 21714 | 1097927 | 19.8 | (19.5-20.0) | 18216 | 1100393 | 16.6 | (16.3-16.8) |
| | 2004 | 28014 | 1095981 | 25.6 | (25.3-25.9) | 22253 | 1102648 | 20.2 | (19.9-20.5) | 18893 | 1106652 | 17.1 | (16.9-17.3) |
| | 2005 | 27755 | 1089464 | 25.5 | (25.2-25.8) | 21645 | 1098693 | 19.7 | (19.4-20.0) | 18409 | 1103706 | 16.7 | (16.4-16.9) |
| | 2006 | 28001 | 1091856 | 25.7 | (25.4-26.0) | 21933 | 1103342 | 19.9 | (19.6-20.1) | 18966 | 1109105 | 17.1 | (16.9-17.4) |
| | 2007 | 28571 | 1092352 | 26.2 | (25.9-26.5) | 22565 | 1105715 | 20.4 | (20.1-20.7) | 19782 | 1112027 | 17.8 | (17.5-18.0) |
| | 2008 | 28304 | 1098485 | 25.8 | (25.5-26.1) | 22373 | 1113529 | 20.1 | (19.8-20.4) | 19695 | 1120272 | 17.6 | (17.3-17.8) |
| | 2009 | 29691 | 1099018 | 27.0 | (26.7-27.3) | 23613 | 1115563 | 21.2 | (20.9-21.4) | 20964 | 1122681 | 18.7 | (18.4-18.9) |
| | 2010 | 30744 | 1102172 | 27.9 | (27.6-28.2) | 24977 | 1120114 | 22.3 | (22.0-22.6) | 22415 | 1127584 | 19.9 | (19.6-20.1) |
| | 2011 | 32136 | 1103020 | 29.1 | (28.8-29.5) | 26338 | 1122097 | 23.5 | (23.2-23.8) | 23855 | 1129789 | 21.1 | (20.9-21.4) |
| | 2012 | 34042 | 1109218 | 30.7 | (30.4-31.0) | 28117 | 1129367 | 24.9 | (24.6-25.2) | 25626 | 1137246 | 22.5 | (22.3-22.8) |
| | 2013 | 35205 | 1109683 | 31.7 | (31.4-32.1) | 29137 | 1130719 | 25.8 | (25.5-26.1) | 26752 | 1138717 | 23.5 | (23.2-23.8) |
| | 2014 | 36904 | 1113990 | 33.1 | (32.8-33.5) | 30911 | 1135969 | 27.2 | (26.9-27.5) | 28545 | 1144091 | 25.0 | (24.7-25.2) |
| | 2015 | 39873 | 1117944 | 35.7 | (35.3-36.0) | 33655 | 1140777 | 29.5 | (29.2-29.8) | 31426 | 1148921 | 27.4 | (27.1-27.7) |
| | 2016 | 44123 | 1122637 | 39.3 | (38.9-39.7) | 37667 | 1146445 | 32.9 | (32.5-33.2) | 35417 | 1154652 | 30.7 | (30.4-31.0) |
| | 2017 | 46615 | 1121776 | 41.6 | (41.2-41.9) | 40120 | 1146334 | 35.0 | (34.7-35.3) | 37928 | 1154557 | 32.9 | (32.5-33.2) |
| | 2018 | 48917 | 1122197 | 43.6 | (43.2-44.0) | 42481 | 1147348 | 37.0 | (36.7-37.4) | 40340 | 1155591 | 34.9 | (34.6-35.3) |

* N = Number of prescriptions

Supplementary Table S2. Prevalence of prescriptions of benzodiazepines, beta-blockers, and antipsychotics per 1000 person-years between 2003 and 2018

| Variable | | Benzodiazepines | | | | Beta-blockers | | | | Antipsychotics | | | |
|----------|-------|-----------------|---------|-----------------------|-------------|---------------|---------|-----------------------|-----------|----------------|---------|-----------------------|-----------|
| | | N* | PYAR | Prevalence (1000PYAR) | (95%CI) | N* | PYAR | Prevalence (1000PYAR) | (95%CI) | N* | PYAR | Prevalence (1000PYAR) | (95%CI) |
| Year | 2003 | 11607 | 1104957 | 10.5 | (10.3-10.7) | 3867 | 1109668 | 3.5 | (3.4-3.6) | 966 | 1111347 | 0.9 | (0.8-0.9) |
| | 2004 | 12155 | 1114743 | 10.9 | (10.7-11.1) | 4191 | 1124116 | 3.7 | (3.6-3.8) | 1040 | 1128121 | 0.9 | (0.9-1.0) |
| | 2005 | 12426 | 1113993 | 11.2 | (11.0-11.4) | 4197 | 1126933 | 3.7 | (3.6-3.8) | 1078 | 1133101 | 1.0 | (0.9-1.0) |
| | 2006 | 12630 | 1121203 | 11.3 | (11.1-11.5) | 4265 | 1137385 | 3.8 | (3.6-3.9) | 1133 | 1145482 | 1.0 | (0.9-1.1) |
| | 2007 | 12910 | 1126158 | 11.5 | (11.3-11.7) | 4262 | 1145266 | 3.7 | (3.6-3.8) | 1150 | 1155083 | 1.0 | (0.9-1.1) |
| | 2008 | 12617 | 1136325 | 11.1 | (10.9-11.3) | 4417 | 1158047 | 3.8 | (3.7-3.9) | 1231 | 1169586 | 1.1 | (1.0-1.1) |
| | 2009 | 13075 | 1140819 | 11.5 | (11.8-11.7) | 4838 | 1164696 | 4.2 | (4.0-4.3) | 1333 | 1177993 | 1.1 | (1.1-1.2) |
| | 2010 | 13008 | 1148127 | 11.3 | (11.1-11.5) | 5217 | 1173956 | 4.4 | (4.3-4.6) | 1499 | 1189143 | 1.3 | (1.2-1.3) |
| | 2011 | 13346 | 1153072 | 11.6 | (11.4-11.8) | 5667 | 1180375 | 4.8 | (4.7-4.9) | 1642 | 1197542 | 1.4 | (1.3-1.4) |
| | 2012 | 13592 | 1163783 | 11.7 | (11.5-11.9) | 6341 | 1192327 | 5.3 | (5.2-5.5) | 1796 | 1211660 | 1.5 | (1.4-1.5) |
| | 2013 | 13498 | 1168671 | 11.6 | (11.4-11.8) | 6962 | 1197801 | 5.8 | (5.7-6.0) | 1883 | 1219270 | 1.5 | (1.5-1.6) |
| | 2014 | 13709 | 1177548 | 11.6 | (11.5-11.8) | 7657 | 1207120 | 6.3 | (6.2-6.5) | 1964 | 1231060 | 1.6 | (1.5-1.7) |
| | 2015 | 13733 | 1186678 | 11.6 | (11.4-11.8) | 8296 | 1216322 | 6.8 | (6.7-7.0) | 2083 | 1242920 | 1.7 | (1.6-1.8) |
| | 2016 | 14442 | 1198091 | 12.1 | (11.9-12.3) | 9207 | 1227687 | 7.5 | (7.4-7.7) | 2401 | 1257243 | 1.9 | (1.8-2.0) |
| | 2017 | 14145 | 1203972 | 11.8 | (11.6-11.9) | 9995 | 1232947 | 8.1 | (8.0-8.3) | 2632 | 1265430 | 2.1 | (2.0-2.2) |
| 2018 | 13850 | 1211655 | 11.4 | (11.2-11.6) | 10767 | 1239534 | 8.7 | (8.5-8.9) | 2756 | 1275138 | 2.2 | (2.1-2.2) | |

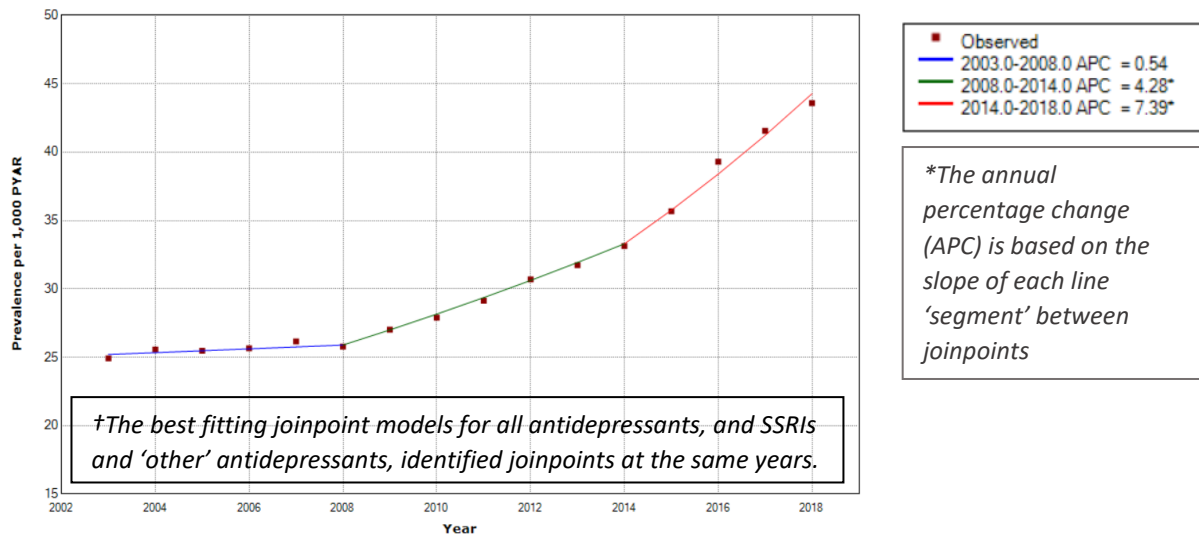
* N = Number of prescriptions

Supplementary Table S3. Prevalence of prescriptions of anticonvulsants per 1000 person-years between 2003 and 2018

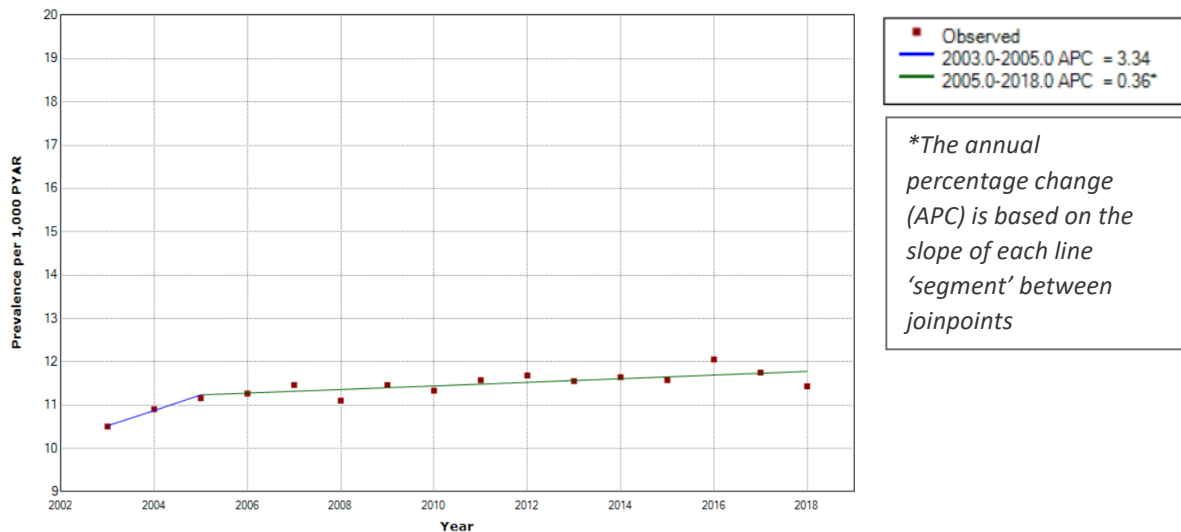
| Variable | | Anticonvulsants | | | |
|----------|------|-----------------|---------|--------------------------|-----------|
| | | N * | PYAR | Prevalence (1000PYAR) | (95%CI) |
| Year | 2003 | 235 | 1111806 | 0.2 | (0.2-0.2) |
| | 2004 | 294 | 1128992 | 0.3 | (0.2-0.3) |
| | 2005 | 382 | 1134212 | 0.3 | (0.3-0.4) |
| | 2006 | 531 | 1146760 | 0.5 | (0.4-0.5) |
| | 2007 | 642 | 1156437 | 0.6 | (0.5-0.6) |
| | 2008 | 805 | 1170929 | 0.7 | (0.6-0.7) |
| | 2009 | 1101 | 1179208 | 0.9 | (0.9-1.0) |
| | 2010 | 1411 | 1190165 | 1.2 | (1.1-1.3) |
| | 2011 | 1694 | 1198201 | 1.4 | (1.4-1.5) |
| | 2012 | 1968 | 1211957 | 1.6 | (1.6-1.7) |
| | 2013 | 2315 | 1219106 | 1.9 | (1.8-2.0) |
| | 2014 | 2691 | 1230326 | 2.2 | (2.1-2.3) |
| | 2015 | 3108 | 1241507 | 2.5 | (2.4-2.6) |
| | 2016 | 3610 | 1255069 | 2.9 | (2.8-3.0) |
| | 2017 | 3888 | 1262534 | 3.1 | (3.0-3.2) |
| | 2018 | 3926 | 1271576 | 3.1 | (3.0-3.2) |

* N = Number of prescriptions

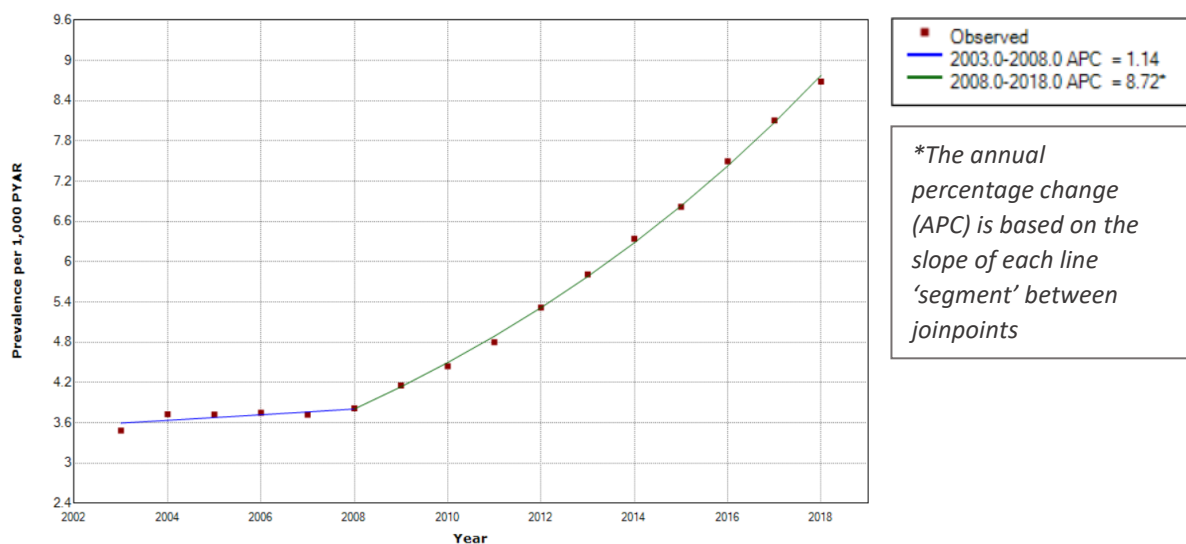
Supplementary Figure S1. Best fitting joinpoint model of prevalence of any anxiolytic prescription per 1000 person-years†



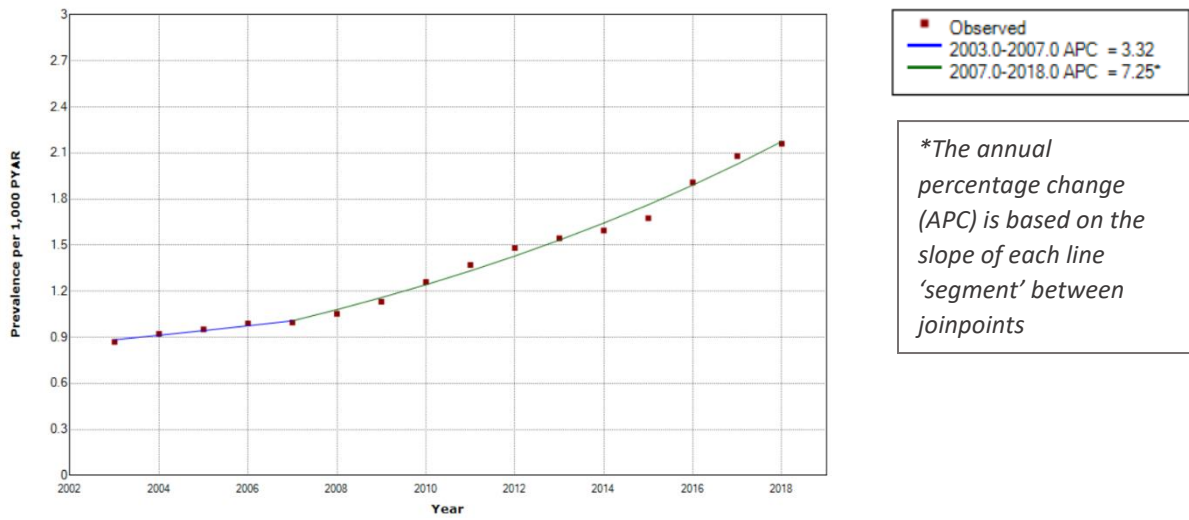
Supplementary Figure S2. Best fitting joinpoint model of prevalence of benzodiazepine prescriptions per 1000 person-years



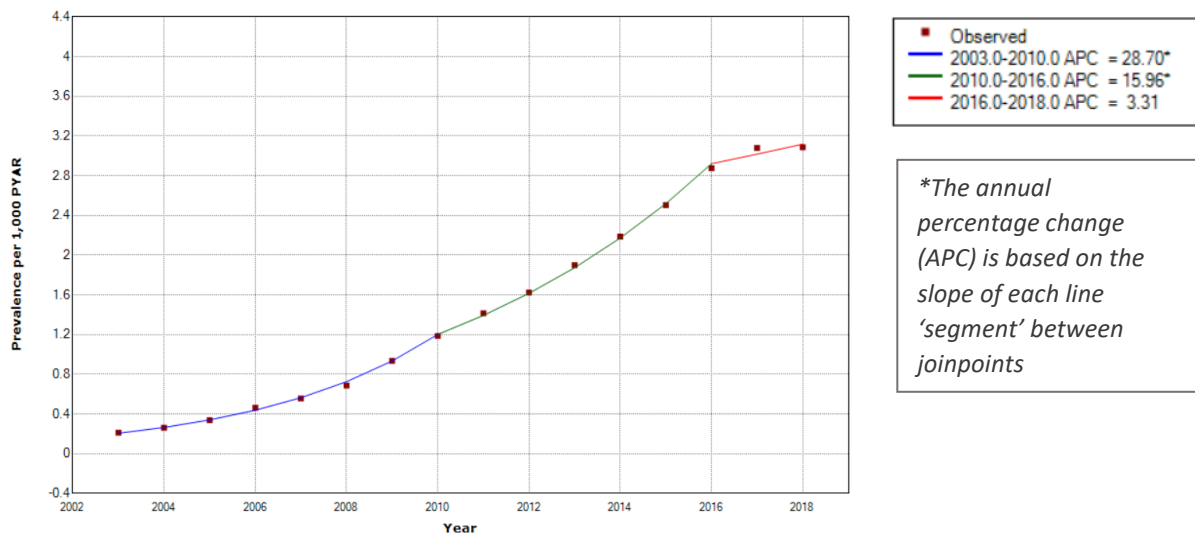
Supplementary Figure S3. Best fitting joinpoint model of prevalence of beta-blocker prescriptions per 1000 person-years



Supplementary Figure S4. Best fitting joinpoint model of prevalence of antipsychotic prescription per 1000 person-years



Supplementary Figure S5. Best fitting joinpoint model of prevalence of anticonvulsant prescriptions per 1000 person-years



Supplementary Table S4. Prevalence rate ratios for prescriptions of any anxiolytic, and each drug class

| Variable | | Any anxiolytic | | | All antidepressants | | | SSRIs and 'other antidepressants' | | | Benzodiazepines | | | | | | | |
|-------------------------|---------------|--------------------|-------------|---------|---------------------|-------------|---------|-----------------------------------|-------------|---------|--------------------|-------------|---------|------------|--------|------|------------|--------|
| | | Multivariable PRR* | (95%CI) | P value | Multivariable PRR* | (95%CI) | P value | Multivariable PRR* | (95%CI) | P value | Multivariable PRR* | (95%CI) | P value | | | | | |
| Year | 2003 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | | | | | |
| | 2004 | 1.03 | (1.01-1.05) | | 1.02 | (1.00-1.04) | | 1.03 | (1.01-1.06) | | 1.04 | (1.01-1.07) | | | | | | |
| | 2005 | 1.03 | (1.01-1.05) | | 1.00 | (0.98-1.02) | | 1.01 | (0.99-1.03) | | 1.07 | (1.04-1.09) | | | | | | |
| | 2006 | 1.04 | (1.02-1.06) | | 1.01 | (0.99-1.03) | | 1.04 | (1.02-1.06) | | 1.08 | (1.05-1.10) | | | | | | |
| | 2007 | 1.06 | (1.04-1.08) | | 1.04 | (1.02-1.06) | | 1.09 | (1.06-1.11) | | 1.10 | (1.07-1.13) | | | | | | |
| | 2008 | 1.05 | (1.03-1.06) | | 1.03 | (1.01-1.05) | | 1.08 | (1.05-1.10) | | 1.06 | (1.04-1.09) | | | | | | |
| | 2009 | 1.10 | (1.08-1.12) | | 1.09 | (1.07-1.11) | | 1.14 | (1.12-1.17) | | 1.10 | (1.07-1.13) | | | | | | |
| | 2010 | 1.14 | (1.12-1.16) | | 1.15 | (1.12-1.17) | | 1.22 | (1.20-1.25) | | 1.09 | (1.06-1.12) | | | | | | |
| | 2011 | 1.19 | (1.17-1.21) | | 1.21 | (1.19-1.23) | | 1.30 | (1.27-1.32) | | 1.11 | (1.08-1.14) | | | | | | |
| | 2012 | 1.26 | (1.24-1.28) | | 1.28 | (1.26-1.31) | | 1.39 | (1.36-1.42) | | 1.12 | (1.09-1.15) | | | | | | |
| | 2013 | 1.30 | (1.28-1.32) | | 1.33 | (1.31-1.35) | | 1.45 | (1.43-1.48) | | 1.11 | (1.08-1.14) | | | | | | |
| | 2014 | 1.36 | (1.34-1.38) | | 1.41 | (1.38-1.43) | | 1.55 | (1.52-1.58) | | 1.12 | (1.09-1.15) | | | | | | |
| | 2015 | 1.47 | (1.45-1.49) | | 1.53 | (1.50-1.56) | | 1.70 | (1.67-1.73) | | 1.11 | (1.08-1.14) | | | | | | |
| | 2016 | 1.62 | (1.60-1.65) | | 1.71 | (1.68-1.74) | | 1.91 | (1.88-1.94) | | 1.16 | (1.13-1.19) | | | | | | |
| | 2017 | 1.72 | (1.69-1.74) | | 1.82 | (1.79-1.85) | | 2.05 | (2.02-2.09) | | 1.13 | (1.10-1.16) | | | | | | |
| | 2018 | 1.81 | (1.78-1.83) | | 1.94 | (1.90-1.97) | | 2.19 | (2.15-2.23) | | 1.10 | (1.07-1.12) | | | | | | |
| | Gender | Male | 1.00 | | | <0.001 | | 1.00 | | | <0.001 | 1.00 | | | <0.001 | 1.00 | | <0.001 |
| | | Female | 2.23 | | (2.22-2.25) | | | 2.26 | (2.24-2.27) | | | 2.22 | | (2.2-2.23) | | 2.22 | (2.2-2.24) | |
| Age Band (years) | 18-24 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | | | | | |
| | 25-34 | 1.28 | (1.27-1.29) | | 1.31 | (1.30-1.33) | | 1.29 | (1.28-1.31) | | 1.72 | (1.68-1.76) | | | | | | |
| | 35-44 | 1.28 | (1.26-1.29) | | 1.33 | (1.31-1.34) | | 1.28 | (1.26-1.29) | | 1.98 | (1.94-2.02) | | | | | | |
| | 44-54 | 1.18 | (1.17-1.20) | | 1.22 | (1.20-1.23) | | 1.13 | (1.12-1.15) | | 2.04 | (2.00-2.08) | | | | | | |
| | 55-64 | 1.01 | (1.00-1.02) | | 1.01 | (1.00-1.03) | | 0.90 | (0.89-0.92) | | 1.95 | (1.91-1.99) | | | | | | |
| | 65-74 | 0.84 | (0.83-0.85) | | 0.79 | (0.78-0.80) | | 0.67 | (0.66-0.68) | | 2.01 | (1.96-2.05) | | | | | | |
| | 75-84 | 0.85 | (0.84-0.87) | | 0.78 | (0.77-0.79) | | 0.65 | (0.64-0.67) | | 2.19 | (2.14-2.24) | | | | | | |
| | 85+ | 0.71 | (0.69-0.72) | | 0.63 | (0.62-0.65) | | 0.54 | (0.52-0.55) | | 1.91 | (1.86-1.97) | | | | | | |

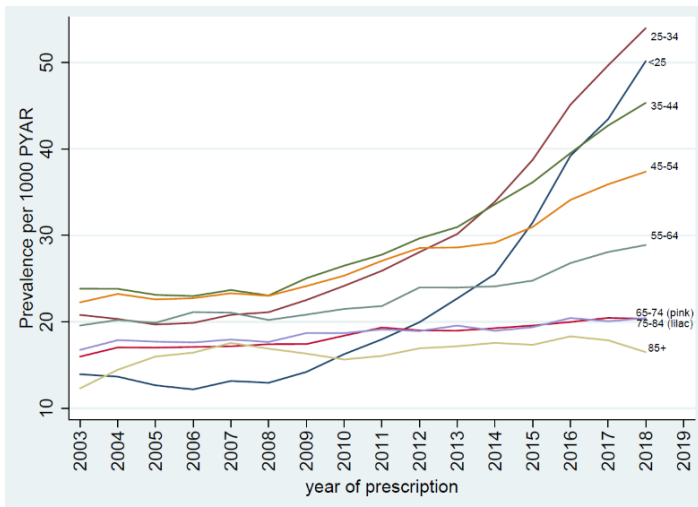
*Multivariable model adjusted for year, gender, and age band

Supplementary Table S4. Continued. Prevalence rate ratios for prescriptions of any anxiolytic, and each drug class

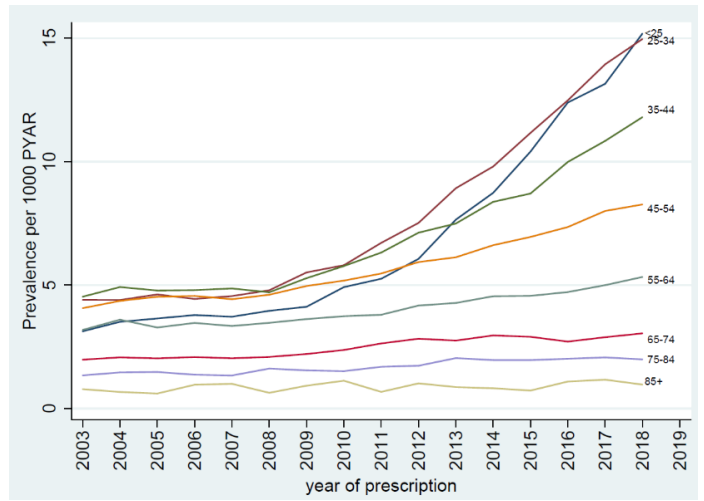
| Variable | | Beta-blockers | | | Anticonvulsants | | | Antipsychotics | | |
|-------------------------|--------|--------------------|--------------------|---------|--------------------|---------------|---------------------|--------------------|-------------|---------|
| | | Multivariable PRR* | Multivariable PRR* | P value | Multivariable PRR* | (95%CI) | P value | Multivariable PRR* | (95%CI) | P value |
| Year | 2003 | 1.00 | | <0.001 | 1.00 | | <0.001 ¹ | 1.00 | | <0.001 |
| | 2004 | 1.07 | (1.03-1.12) | | 1.23 | (1.04-1.46) | | 1.06 | (0.97-1.16) | |
| | 2005 | 1.07 | (1.03-1.12) | | 1.59 | (1.35-1.87) | | 1.10 | (1.00-1.19) | |
| | 2006 | 1.08 | (1.04-1.13) | | 2.19 | (1.88-2.55) | | 1.14 | (1.05-1.24) | |
| | 2007 | 1.08 | (1.03-1.13) | | 2.63 | (2.26-3.05) | | 1.15 | (1.05-1.25) | |
| | 2008 | 1.11 | (1.06-1.16) | | 3.25 | (2.81-3.76) | | 1.21 | (1.12-1.32) | |
| | 2009 | 1.21 | (1.16-1.26) | | 4.42 | (3.84-5.09) | | 1.31 | (1.20-1.42) | |
| | 2010 | 1.30 | (1.24-1.35) | | 5.61 | (4.89-6.44) | | 1.46 | (1.34-1.58) | |
| | 2011 | 1.40 | (1.35-1.46) | | 6.69 | (5.84-7.67) | | 1.59 | (1.47-1.72) | |
| | 2012 | 1.56 | (1.50-1.63) | | 7.70 | (6.72-8.81) | | 1.72 | (1.59-1.86) | |
| | 2013 | 1.71 | (1.65-1.78) | | 9.00 | (7.87-10.29) | | 1.79 | (1.66-1.94) | |
| | 2014 | 1.87 | (1.80-1.95) | | 10.37 | (9.07-11.85) | | 1.86 | (1.72-2.00) | |
| | 2015 | 2.02 | (1.95-2.10) | | 11.86 | (10.39-13.55) | | 1.95 | (1.81-2.11) | |
| | 2016 | 2.23 | (2.15-2.32) | | 13.62 | (11.94-15.54) | | 2.23 | (2.07-2.40) | |
| | 2017 | 2.42 | (2.33-2.51) | | 14.58 | (12.79-16.64) | | 2.43 | (2.25-2.61) | |
| | 2018 | 2.61 | (2.51-2.70) | | 14.62 | (12.82-16.68) | | 2.53 | (2.35-2.72) | |
| Gender | Male | 1.00 | | <0.001 | 1.00 | | <0.001 ¹ | 1.00 | | <0.001 |
| | Female | 2.33 | (2.3-2.36) | | 2.19 | (2.14-2.25) | | 1.46 | (1.42-1.49) | |
| Age Band (years) | 18-24 | 1.00 | | <0.001 | 1.00 | | <0.001 ¹ | 1.00 | | <0.001 |
| | 25-34 | 1.12 | (1.10-1.15) | | 2.37 | (2.20-2.54) | | 1.40 | (1.33-1.47) | |
| | 35-44 | 1.00 | (0.98-1.02) | | 3.32 | (3.10-3.56) | | 1.43 | (1.36-1.51) | |
| | 44-54 | 0.82 | (0.81-0.84) | | 3.80 | (3.55-4.07) | | 1.40 | (1.33-1.47) | |
| | 55-64 | 0.57 | (0.56-0.59) | | 3.50 | (3.26-3.75) | | 1.10 | (1.04-1.16) | |
| | 65-74 | 0.34 | (0.33-0.36) | | 2.93 | (2.72-3.15) | | 0.79 | (0.75-0.84) | |
| | 75-84 | 0.23 | (0.22-0.24) | | 3.01 | (2.79-3.25) | | 0.99 | (0.93-1.05) | |
| | 85+ | 0.11 | (0.10-0.12) | | 2.08 | (1.89-2.30) | | 1.09 | (1.00-1.18) | |

*Multivariable model adjusted for year, gender, and age band

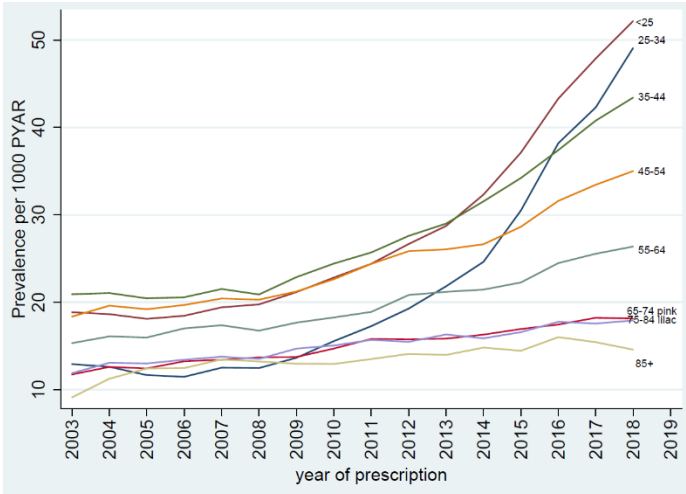
Supplementary Figure S6. Prevalence of all antidepressant prescriptions per 1000PYAR by age



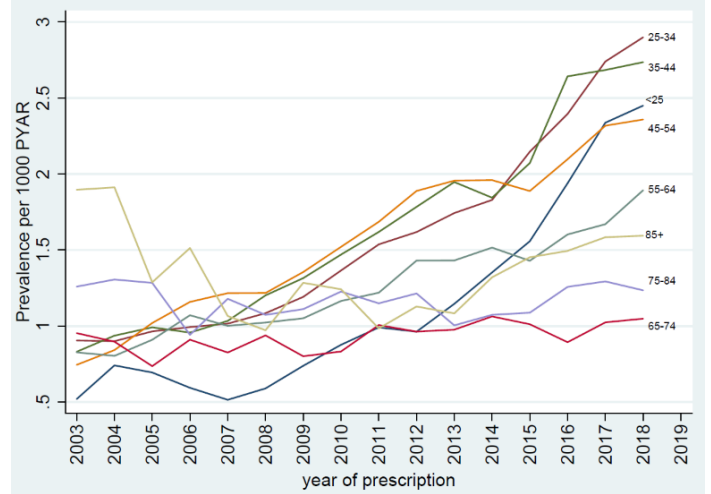
Supplementary Figure S9. Prevalence of prescriptions of beta-blockers per 1000PYAR by age



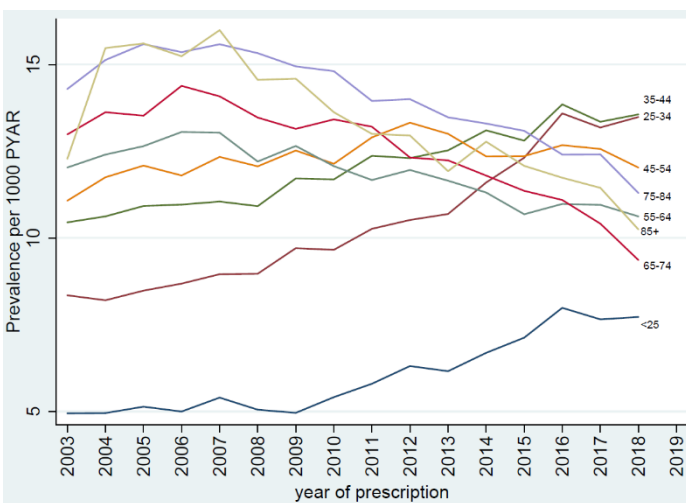
Supplementary Figure S7. Prevalence of prescriptions of SSRIs & 'other' antidepressants per 1000PYAR by age



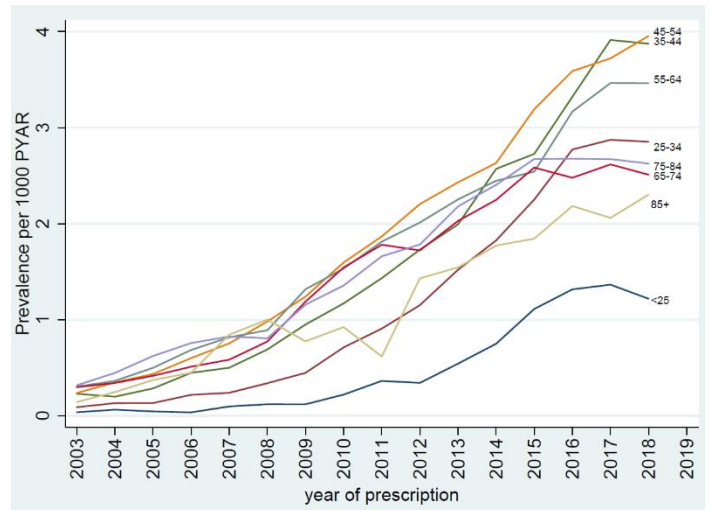
Supplementary Figure S10. Prevalence of antipsychotic prescriptions per 1000PYAR by age



Supplementary Figure S8. Prevalence of prescriptions of benzodiazepines per 1000PYAR per by age



Supplementary Figure S11. Prevalence of anticonvulsant prescriptions per 1000PYAR by age



Supplementary Table S5. Incidence rates of prescriptions for any anxiolytic, all antidepressants, and SSRIs and 'other' antidepressants per 1000 person years between 2003 and 2018

| Variable | | Any anxiolytic | | | | All antidepressants | | | | SSRI's and 'other' antidepressants | | | |
|----------|-------|----------------|---------|----------------------|-------------|---------------------|---------|----------------------|-------------|------------------------------------|---------|----------------------|-------------|
| | | N* | PYAR | Incidence (1000PYAR) | (95%CI) | N* | PYAR | Incidence (1000PYAR) | (95%CI) | N* | PYAR | Incidence (1000PYAR) | (95%CI) |
| Year | 2003 | 14090 | 1103950 | 12.8 | (12.6-13.0) | 11305 | 1105492 | 10.2 | (10.0-10.4) | 9926 | 1106297 | 9.0 | (8.8-9.2) |
| | 2004 | 13174 | 1106589 | 11.9 | (11.7-12.1) | 10570 | 1110962 | 9.5 | (9.3-9.7) | 9392 | 1113145 | 8.4 | (8.3-8.6) |
| | 2005 | 11531 | 1099866 | 10.5 | (10.3-10.7) | 8993 | 1106826 | 8.1 | (8.0-8.3) | 8041 | 1110054 | 7.2 | (7.1-7.4) |
| | 2006 | 11045 | 1102031 | 10.0 | (9.8-10.2) | 8758 | 1111291 | 7.9 | (7.7-8.1) | 8004 | 1115328 | 7.2 | (7.0-7.3) |
| | 2007 | 10863 | 1102262 | 9.9 | (9.7-10.0) | 8768 | 1113456 | 7.9 | (7.7-8.0) | 8121 | 1118087 | 7.3 | (7.1-7.4) |
| | 2008 | 10315 | 1108099 | 9.3 | (9.1-9.5) | 8288 | 1121051 | 7.4 | (7.2-7.6) | 7672 | 1126154 | 6.8 | (6.7-7.0) |
| | 2009 | 10772 | 1108310 | 9.7 | (9.5-9.9) | 8783 | 1122833 | 7.8 | (7.7-8.0) | 8195 | 1128369 | 7.3 | (7.1-7.4) |
| | 2010 | 10661 | 1111207 | 9.6 | (9.4-9.8) | 8938 | 1127197 | 7.9 | (7.8-8.1) | 8404 | 1133130 | 7.4 | (7.3-7.6) |
| | 2011 | 10929 | 1111783 | 9.8 | (9.7-10.0) | 9263 | 1128978 | 8.2 | (8.0-8.4) | 8825 | 1135190 | 7.8 | (7.6-7.9) |
| | 2012 | 11109 | 1117740 | 9.9 | (9.8-10.1) | 9512 | 1136057 | 8.4 | (8.2-8.5) | 9055 | 1142511 | 7.9 | (7.8-8.1) |
| | 2013 | 11240 | 1117912 | 10.1 | (9.9-10.2) | 9540 | 1137187 | 8.4 | (8.2-8.6) | 9193 | 1143811 | 8.0 | (7.9-8.2) |
| | 2014 | 11833 | 1121964 | 10.6 | (10.4-10.7) | 10272 | 1142237 | 9.0 | (8.8-9.2) | 9867 | 1149036 | 8.6 | (8.4-8.8) |
| | 2015 | 12939 | 1125639 | 11.5 | (11.3-11.7) | 11262 | 1146843 | 9.8 | (9.6-10.0) | 10920 | 1153716 | 9.5 | (9.3-9.6) |
| | 2016 | 14178 | 1130091 | 12.6 | (12.3-12.8) | 12593 | 1152330 | 10.9 | (10.7-11.1) | 12227 | 1159319 | 10.6 | (10.4-10.7) |
| | 2017 | 14554 | 1128948 | 12.9 | (12.7-13.1) | 12986 | 1151996 | 11.3 | (11.1-11.5) | 12677 | 1159060 | 10.9 | (10.8-11.1) |
| 2018 | 14816 | 1129131 | 13.1 | (12.9-13.3) | 13442 | 1152835 | 11.7 | (11.5-11.9) | 13155 | 1159966 | 11.3 | (11.2-11.5) | |

* N = Number of prescriptions

Supplementary Table S6. Incidence rates of prescriptions for benzodiazepines, beta-blockers and antipsychotics per 1000 person-years between 2003 and 2018

| Variable | | Benzodiazepines | | | | Beta-blockers | | | | Antipsychotics | | | |
|----------|------|-----------------|---------|----------------------|-----------|---------------|---------|----------------------|-----------|----------------|---------|----------------------|-----------|
| | | N* | PYAR | Incidence (1000PYAR) | (95%CI) | N* | PYAR | Incidence (1000PYAR) | (95%CI) | N* | PYAR | Incidence (1000PYAR) | (95%CI) |
| Year | 2003 | 7102 | 1108130 | 6.4 | (6.3-6.6) | 2563 | 1110524 | 2.3 | (2.2-2.4) | 537 | 1111642 | 0.5 | (0.4-0.5) |
| | 2004 | 6812 | 1118225 | 6.1 | (6.0-6.2) | 2712 | 1125085 | 2.4 | (2.3-2.5) | 519 | 1128419 | 0.5 | (0.4-0.5) |
| | 2005 | 6365 | 1117369 | 5.7 | (5.6-5.8) | 2537 | 1127885 | 2.3 | (2.2-2.3) | 482 | 1133381 | 0.4 | (0.4-0.5) |
| | 2006 | 6068 | 1124470 | 5.4 | (5.3-5.5) | 2413 | 1138323 | 2.1 | (2.0-2.2) | 503 | 1145747 | 0.4 | (0.4-0.5) |
| | 2007 | 6065 | 1129297 | 5.4 | (5.2-5.5) | 2375 | 1146186 | 2.1 | (2.0-2.2) | 462 | 1155333 | 0.4 | (0.4-0.4) |
| | 2008 | 5642 | 1139333 | 5.0 | (4.8-5.1) | 2375 | 1158949 | 2.1 | (2.0-2.1) | 514 | 1169822 | 0.4 | (0.4-0.5) |
| | 2009 | 5929 | 1143711 | 5.2 | (5.1-5.3) | 2651 | 1165575 | 2.3 | (2.2-2.4) | 542 | 1178222 | 0.5 | (0.4-0.5) |
| | 2010 | 5606 | 1150901 | 4.9 | (4.7-5.0) | 2743 | 1174814 | 2.3 | (2.3-2.4) | 595 | 1189363 | 0.5 | (0.5-0.5) |
| | 2011 | 5672 | 1155708 | 4.9 | (4.8-5.0) | 2952 | 1181220 | 2.5 | (2.4-2.6) | 621 | 1197752 | 0.5 | (0.5-0.6) |
| | 2012 | 5568 | 1166328 | 4.8 | (4.7-4.9) | 3208 | 1193150 | 2.7 | (2.6-2.8) | 670 | 1211862 | 0.6 | (0.5-0.6) |
| | 2013 | 5493 | 1171102 | 4.7 | (4.6-4.8) | 3469 | 1198599 | 2.9 | (2.8-3.0) | 668 | 1219466 | 0.6 | (0.5-0.6) |
| | 2014 | 5702 | 1179887 | 4.8 | (4.7-5.0) | 3781 | 1207894 | 3.1 | (3.0-3.2) | 743 | 1231247 | 0.6 | (0.6-0.7) |
| | 2015 | 5673 | 1188918 | 4.8 | (4.7-4.9) | 4118 | 1217065 | 3.4 | (3.3-3.5) | 741 | 1243096 | 0.6 | (0.6-0.6) |
| | 2016 | 5941 | 1200246 | 5.0 | (4.8-5.1) | 4564 | 1228403 | 3.7 | (3.6-3.8) | 854 | 1257413 | 0.7 | (0.6-0.7) |
| | 2017 | 5750 | 1206016 | 4.8 | (4.7-4.9) | 4836 | 1233646 | 3.9 | (3.8-4.0) | 974 | 1265593 | 0.8 | (0.7-0.8) |
| 2018 | 5539 | 1213610 | 4.6 | (4.4-4.7) | 5124 | 1240214 | 4.1 | (4.0-4.3) | 933 | 1275294 | 0.7 | (0.7-0.8) | |

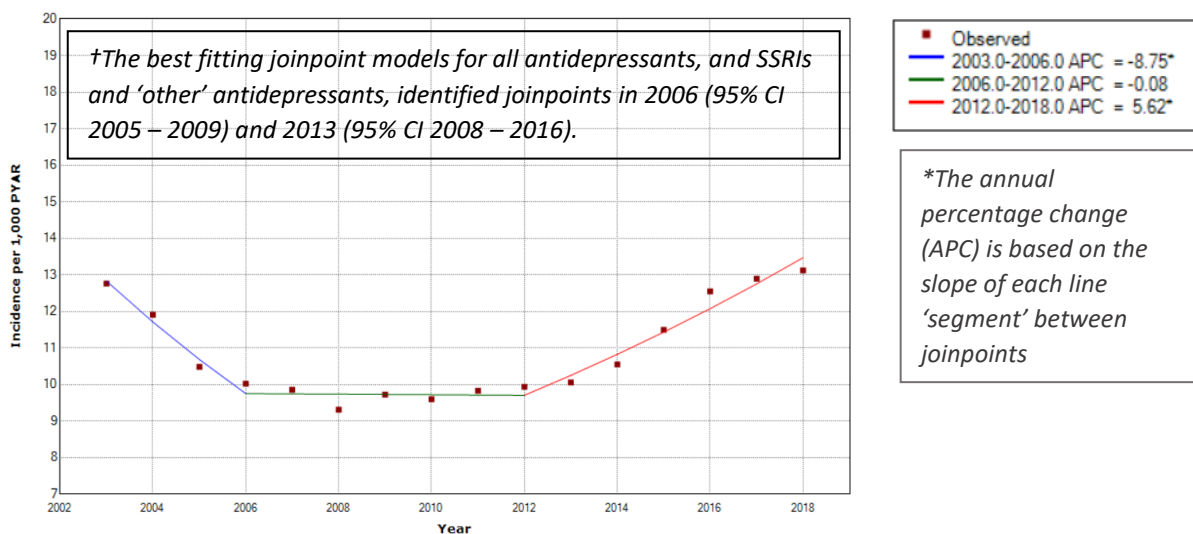
* N = Number of prescriptions

Supplementary Table S7. Incidence rates of prescriptions for anticonvulsants per 1000 person-years between 2003 and 2018

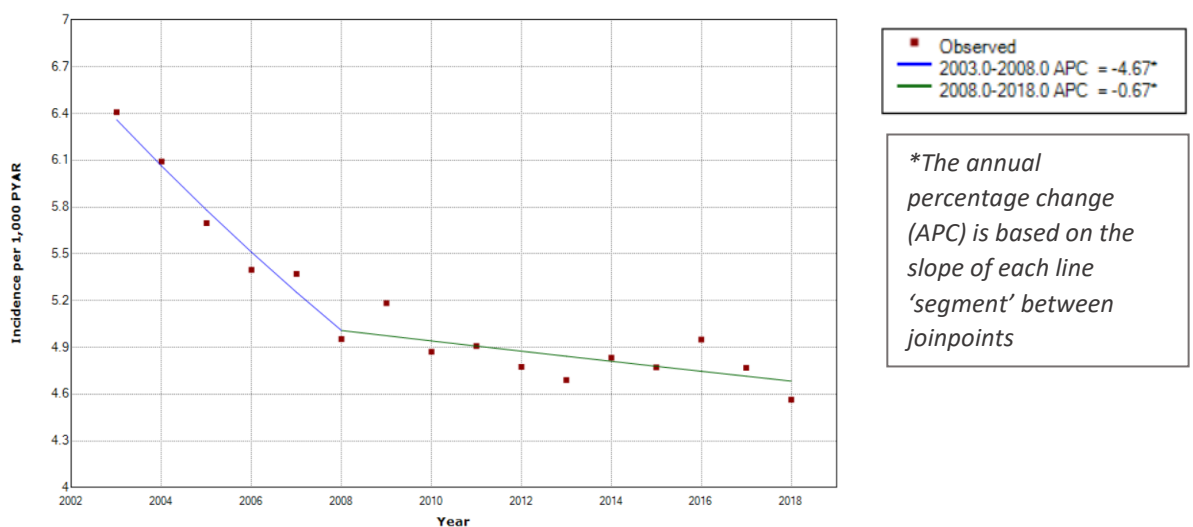
| Variable | | Anticonvulsants | | | |
|----------|------|-----------------|---------|-------------------------|-----------|
| | | N* | PYAR | Incidence (1000PYAR) | (95%CI) |
| Year | 2003 | 156 | 1111863 | 0.1 | (0.1-0.2) |
| | 2004 | 191 | 1129052 | 0.2 | (0.2-0.2) |
| | 2005 | 244 | 1134272 | 0.2 | (0.2-0.2) |
| | 2006 | 356 | 1146818 | 0.3 | (0.3-0.3) |
| | 2007 | 363 | 1156494 | 0.3 | (0.3-0.4) |
| | 2008 | 510 | 1170985 | 0.4 | (0.4-0.5) |
| | 2009 | 658 | 1179263 | 0.6 | (0.5-0.6) |
| | 2010 | 853 | 1190217 | 0.7 | (0.7-0.8) |
| | 2011 | 938 | 1198250 | 0.8 | (0.7-0.8) |
| | 2012 | 1067 | 1212006 | 0.9 | (0.8-0.9) |
| | 2013 | 1220 | 1219152 | 1.0 | (1.0-1.1) |
| | 2014 | 1358 | 1230371 | 1.1 | (1.1-1.2) |
| | 2015 | 1523 | 1241551 | 1.2 | (1.2-1.3) |
| | 2016 | 1741 | 1255110 | 1.4 | (1.3-1.5) |
| | 2017 | 1723 | 1262573 | 1.4 | (1.3-1.4) |
| | 2018 | 1671 | 1271614 | 1.3 | (1.3-1.4) |

* N = Number of prescriptions

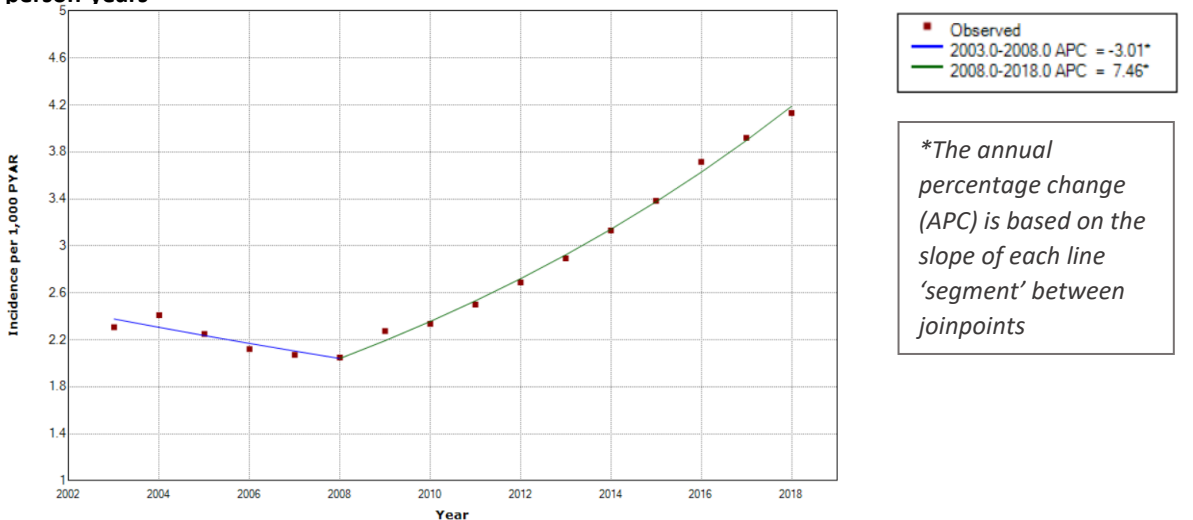
Supplementary Figure S12. Best fitting jointpoint model of the incidence of prescriptions of any anxiolytic per 1000 person-years†



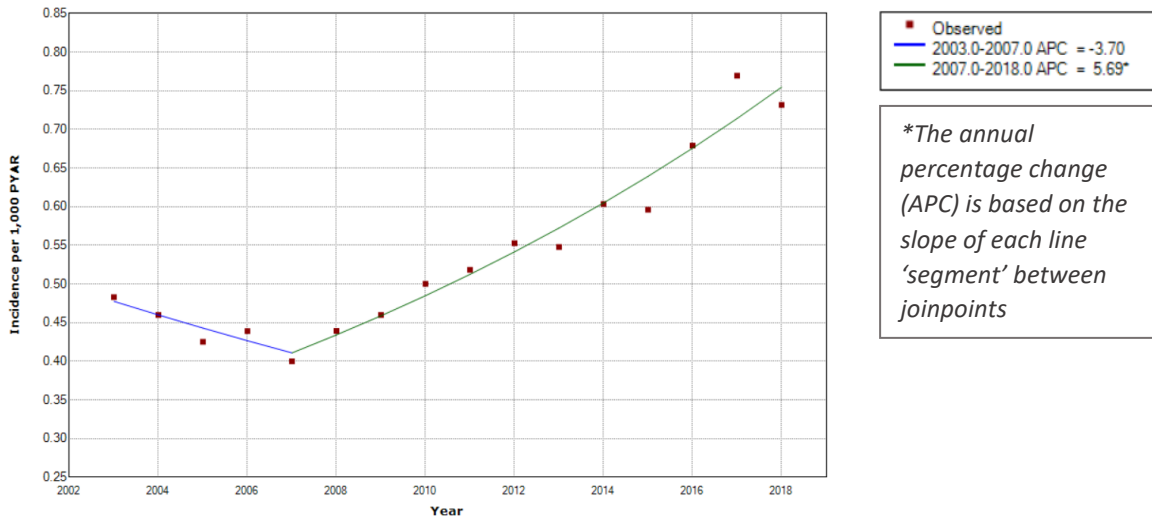
Supplementary Figure S13. Best fitting jointpoint model of the incidence of prescriptions of benzodiazepines per 1000 person-years



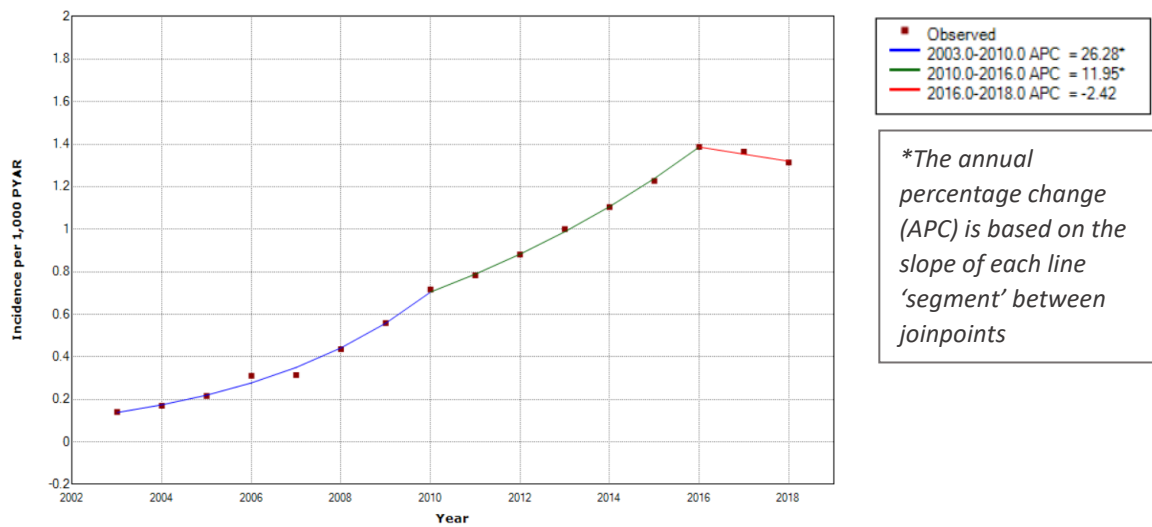
Supplementary Figure S14. Best fitting jointpoint model of the incidence of prescriptions of beta-blockers per 1000 person-years



Supplementary Figure S15. Best fitting joinpoint model of the incidence of prescriptions of antipsychotics per 1000 person-years



Supplementary Figure S16. Best fitting joinpoint model of the incidence of prescriptions of anticonvulsants per 1000 person-years



Supplementary Table S8. Incidence rate ratios for prescriptions of any anxiolytic, and each drug class

| | | Any anxiolytic | | | All antidepressants | | | SSRIs and 'other antidepressants' | | | Benzodiazepines | | |
|-------------------------|--------|--------------------|-------------|-------------|---------------------|-------------|---------|-----------------------------------|-------------|---------|--------------------|-------------|---------|
| Variable | | Multivariable IRR* | (95%CI) | P value | Multivariable IRR* | (95%CI) | P value | Multivariable IRR* | (95%CI) | P value | Multivariable IRR* | (95%CI) | P value |
| Year | 2003 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 |
| | 2004 | 0.94 | (0.91-0.96) | | 0.93 | (0.91-0.96) | | 0.94 | (0.92-0.97) | | 0.95 | (0.92-0.98) | |
| | 2005 | 0.83 | (0.81-0.85) | | 0.80 | (0.78-0.82) | | 0.81 | (0.79-0.84) | | 0.89 | (0.86-0.92) | |
| | 2006 | 0.79 | (0.77-0.81) | | 0.78 | (0.75-0.80) | | 0.81 | (0.78-0.83) | | 0.85 | (0.82-0.88) | |
| | 2007 | 0.78 | (0.76-0.80) | | 0.78 | (0.76-0.80) | | 0.82 | (0.79-0.84) | | 0.84 | (0.81-0.87) | |
| | 2008 | 0.74 | (0.72-0.76) | | 0.73 | (0.71-0.75) | | 0.77 | (0.74-0.79) | | 0.78 | (0.75-0.81) | |
| | 2009 | 0.77 | (0.75-0.79) | | 0.77 | (0.75-0.80) | | 0.82 | (0.80-0.84) | | 0.82 | (0.79-0.84) | |
| | 2010 | 0.76 | (0.74-0.78) | | 0.79 | (0.76-0.81) | | 0.84 | (0.81-0.86) | | 0.77 | (0.74-0.79) | |
| | 2011 | 0.78 | (0.76-0.80) | | 0.81 | (0.79-0.84) | | 0.88 | (0.86-0.91) | | 0.77 | (0.75-0.80) | |
| | 2012 | 0.79 | (0.77-0.81) | | 0.83 | (0.81-0.86) | | 0.90 | (0.87-0.93) | | 0.75 | (0.73-0.78) | |
| | 2013 | 0.80 | (0.78-0.82) | | 0.84 | (0.81-0.86) | | 0.91 | (0.89-0.94) | | 0.74 | (0.71-0.77) | |
| | 2014 | 0.84 | (0.82-0.86) | | 0.90 | (0.87-0.92) | | 0.98 | (0.95-1.01) | | 0.76 | (0.74-0.79) | |
| | 2015 | 0.92 | (0.90-0.94) | | 0.98 | (0.96-1.01) | | 1.08 | (1.05-1.11) | | 0.75 | (0.73-0.78) | |
| | 2016 | 1.01 | (0.98-1.03) | | 1.10 | (1.07-1.12) | | 1.21 | (1.18-1.24) | | 0.78 | (0.75-0.81) | |
| | 2017 | 1.04 | (1.02-1.06) | | 1.13 | (1.11-1.16) | | 1.26 | (1.22-1.29) | | 0.75 | (0.73-0.78) | |
| 2018 | 1.06 | (1.04-1.09) | 1.18 | (1.15-1.21) | 1.31 | (1.27-1.34) | 0.72 | (0.70-0.75) | | | | | |
| Gender | Male | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 |
| | Female | 2.02 | (2.00-2.04) | | 2.04 | (2.02-2.06) | | 2.02 | (2.00-2.04) | | 2.06 | (2.03-2.08) | |
| Age Band (years) | 18-24 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 |
| | 25-34 | 0.94 | (0.92-0.95) | | 0.99 | (0.98-1.01) | | 0.99 | (0.97-1.01) | | 1.37 | (1.33-1.40) | |
| | 35-44 | 0.88 | (0.87-0.90) | | 0.94 | (0.93-0.96) | | 0.93 | (0.91-0.95) | | 1.48 | (1.44-1.52) | |
| | 44-54 | 0.80 | (0.79-0.81) | | 0.85 | (0.83-0.86) | | 0.82 | (0.80-0.83) | | 1.44 | (1.40-1.48) | |
| | 55-64 | 0.68 | (0.67-0.70) | | 0.71 | (0.69-0.72) | | 0.66 | (0.65-0.68) | | 1.36 | (1.32-1.40) | |
| | 65-74 | 0.57 | (0.56-0.58) | | 0.57 | (0.56-0.58) | | 0.51 | (0.50-0.52) | | 1.33 | (1.29-1.37) | |
| | 75-84 | 0.60 | (0.58-0.61) | | 0.60 | (0.59-0.62) | | 0.54 | (0.53-0.56) | | 1.42 | (1.37-1.47) | |
| | 85+ | 0.49 | (0.47-0.50) | | 0.48 | (0.46-0.50) | | 0.44 | (0.42-0.46) | | 1.16 | (1.11-1.22) | |

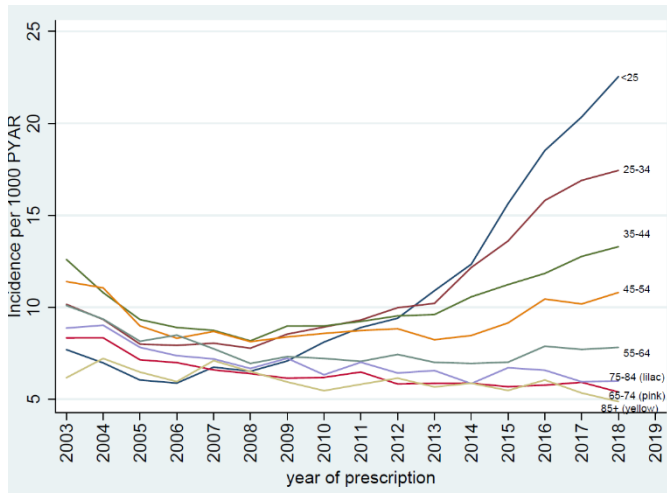
*Multivariable model adjusted for year, gender, and age band

Supplementary Table S8. Continued. Incidence rate ratios for prescriptions of any anxiolytic, and each drug class

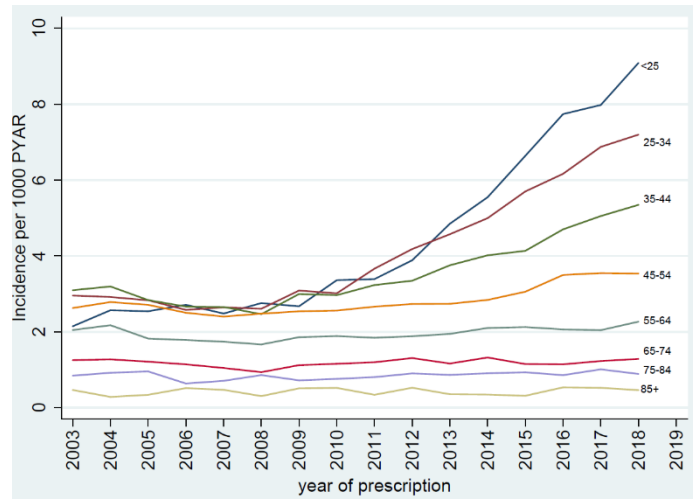
| Variable | | Beta-blockers | | | Anticonvulsants | | | Antipsychotic | | |
|-------------------------|--------|--------------------|-------------|--------------|--------------------|--------------|---------|--------------------|-------------|---------|
| | | Multivariable IRR* | (95%CI) | P value | Multivariable IRR* | (95%CI) | P value | Multivariable IRR* | (95%CI) | P value |
| Year | 2003 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 |
| | 2004 | 1.05 | (0.99-1.11) | | 1.21 | (0.98-1.49) | | 1.12 | (0.84-1.08) | |
| | 2005 | 0.98 | (0.93-1.04) | | 1.53 | (1.25-1.87) | | 1.10 | (0.78-1.00) | |
| | 2006 | 0.93 | (0.88-0.98) | | 2.21 | (1.83-2.67) | | 1.04 | (0.81-1.03) | |
| | 2007 | 0.91 | (0.86-0.96) | | 2.24 | (1.85-2.70) | | 0.80 | (0.73-0.94) | |
| | 2008 | 0.90 | (0.85-0.95) | | 3.10 | (2.60-3.71) | | 0.65 | (0.81-1.03) | |
| | 2009 | 1.00 | (0.95-1.06) | | 3.98 | (3.34-4.74) | | 0.88 | (0.85-1.08) | |
| | 2010 | 1.03 | (0.98-1.09) | | 5.11 | (4.31-6.06) | | 0.95 | (0.93-1.17) | |
| | 2011 | 1.10 | (1.05-1.16) | | 5.58 | (4.71-6.61) | | 1.12 | (0.96-1.21) | |
| | 2012 | 1.19 | (1.13-1.26) | | 6.28 | (5.31-7.43) | | 1.10 | (1.03-1.29) | |
| | 2013 | 1.29 | (1.22-1.35) | | 7.13 | (6.04-8.43) | | 1.04 | (1.02-1.28) | |
| | 2014 | 1.40 | (1.33-1.47) | | 7.87 | (6.67-9.29) | | 0.80 | (1.13-1.41) | |
| | 2015 | 1.52 | (1.44-1.59) | | 8.74 | (7.41-10.31) | | 0.65 | (1.12-1.39) | |
| | 2016 | 1.67 | (1.59-1.75) | | 9.88 | (8.39-11.64) | | 0.88 | (1.28-1.59) | |
| | 2017 | 1.77 | (1.69-1.86) | | 9.72 | (8.25-11.45) | | 0.95 | (1.45-1.79) | |
| 2018 | 1.88 | (1.79-1.97) | 9.35 | (7.94-11.02) | 1.12 | (1.38-1.71) | | | | |
| Gender | Male | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 |
| | Female | 2.29 | (2.24-2.33) | | 2.21 | (2.14-2.29) | | 1.44 | (1.39-1.5) | |
| Age Band (years) | 18-24 | 1.00 | | <0.001 | 1.00 | | <0.001 | 1.00 | | <0.001 |
| | 25-34 | 0.93 | (0.90-0.95) | | 2.02 | (1.83-2.22) | | 1.12 | (1.04-1.21) | |
| | 35-44 | 0.80 | (0.77-0.82) | | 2.79 | (2.55-3.06) | | 1.10 | (1.02-1.18) | |
| | 44-54 | 0.63 | (0.61-0.65) | | 3.23 | (2.95-3.53) | | 1.04 | (0.97-1.12) | |
| | 55-64 | 0.43 | (0.42-0.45) | | 3.00 | (2.73-3.29) | | 0.80 | (0.74-0.87) | |
| | 65-74 | 0.25 | (0.24-0.27) | | 2.70 | (2.45-2.97) | | 0.65 | (0.60-0.72) | |
| | 75-84 | 0.18 | (0.17-0.19) | | 2.81 | (2.54-3.11) | | 0.88 | (0.80-0.97) | |
| | 85+ | 0.08 | (0.07-0.09) | | 1.91 | (1.67-2.18) | | 0.95 | (0.83-1.07) | |

**Multivariable model adjusted for year, gender, and age band*

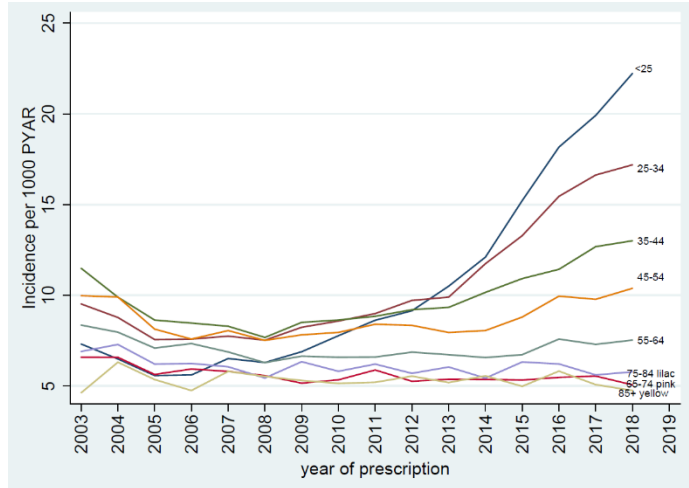
Supplementary Figure S17. Incidence of prescriptions of all antidepressants per 1000PYAR by age



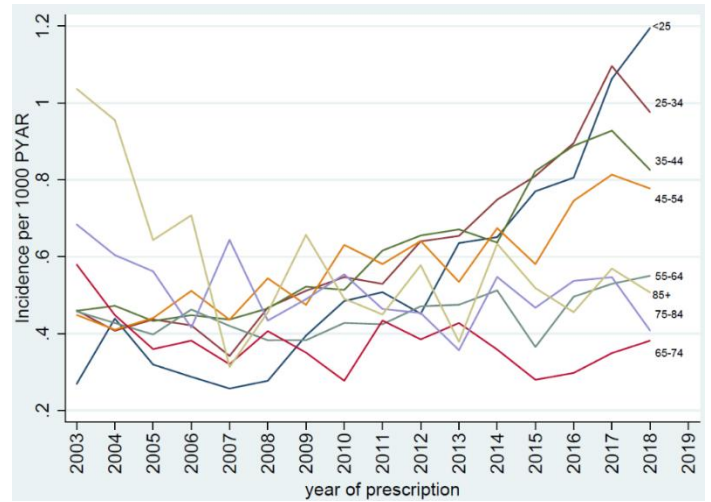
Supplementary Figure S20. Incidence of prescriptions of beta-blockers per 1000PYAR by age



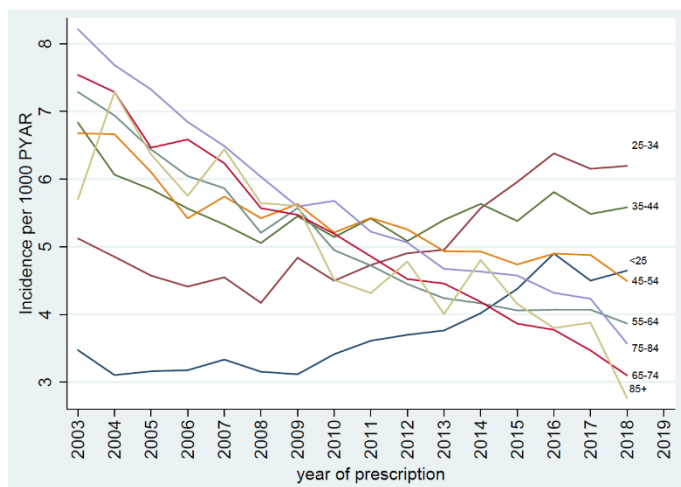
Supplementary Figure S18. Incidence of prescriptions of SSRIs & 'other' antidepressants per 1000PYAR by age



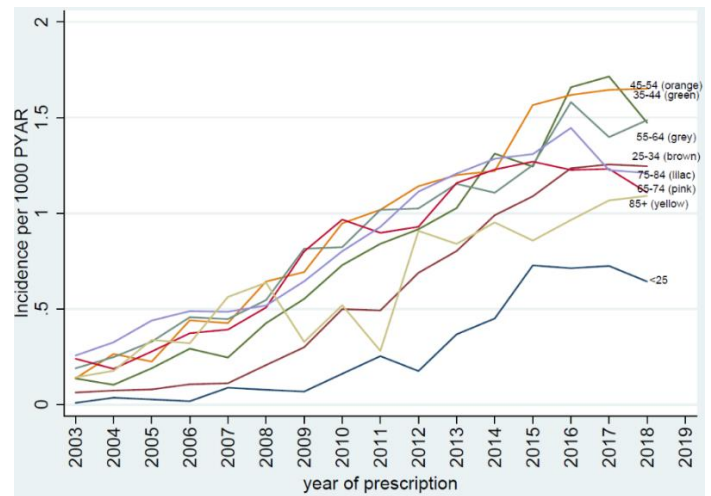
Supplementary Figure S21. Incidence of antipsychotic prescriptions per 1000PYAR by age



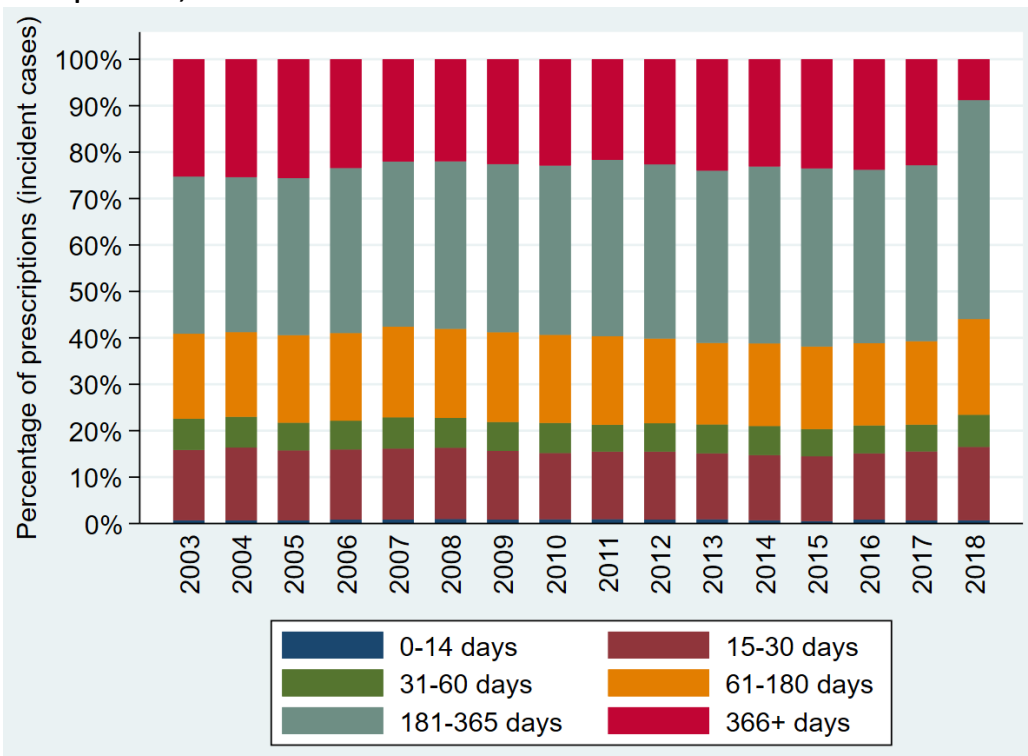
Supplementary Figure S19. Incidence of prescriptions of benzodiazepines per 1000PYAR per by age



Supplementary Figure S22. Incidence of anticonvulsant prescriptions per 1000PYAR by age

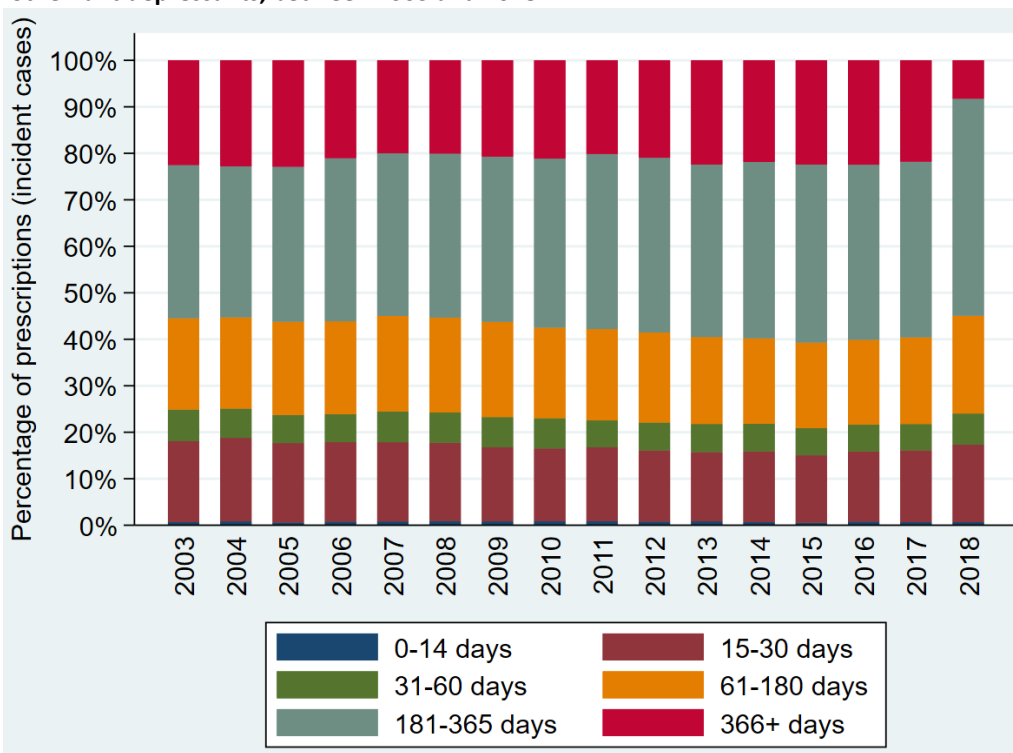


Supplementary Figure S23. Changes in the proportion of patients with different treatment lengths for all antidepressants, between 2003 and 2018



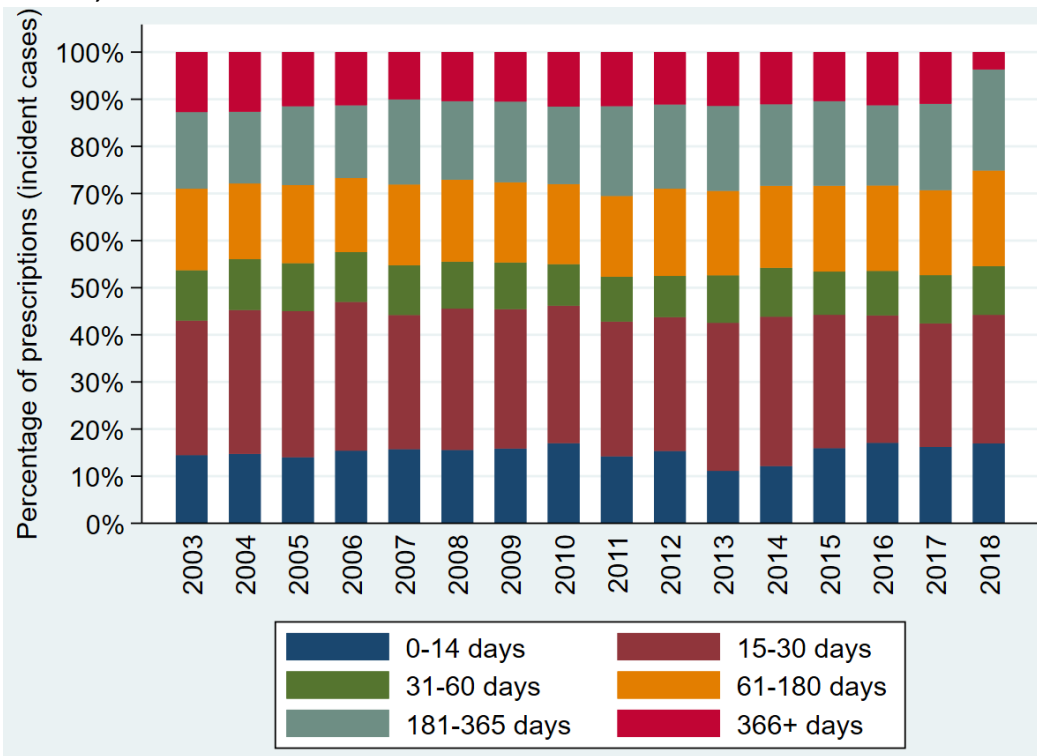
†Data were extracted in July 2019, and therefore it is likely that the figures for 2018 for the longer duration categories are an underestimate and should be interpreted with caution.

Supplementary Figure S24. Changes in the proportion of patients with different treatment lengths for SSRI & ‘other’ antidepressants, between 2003 and 2018



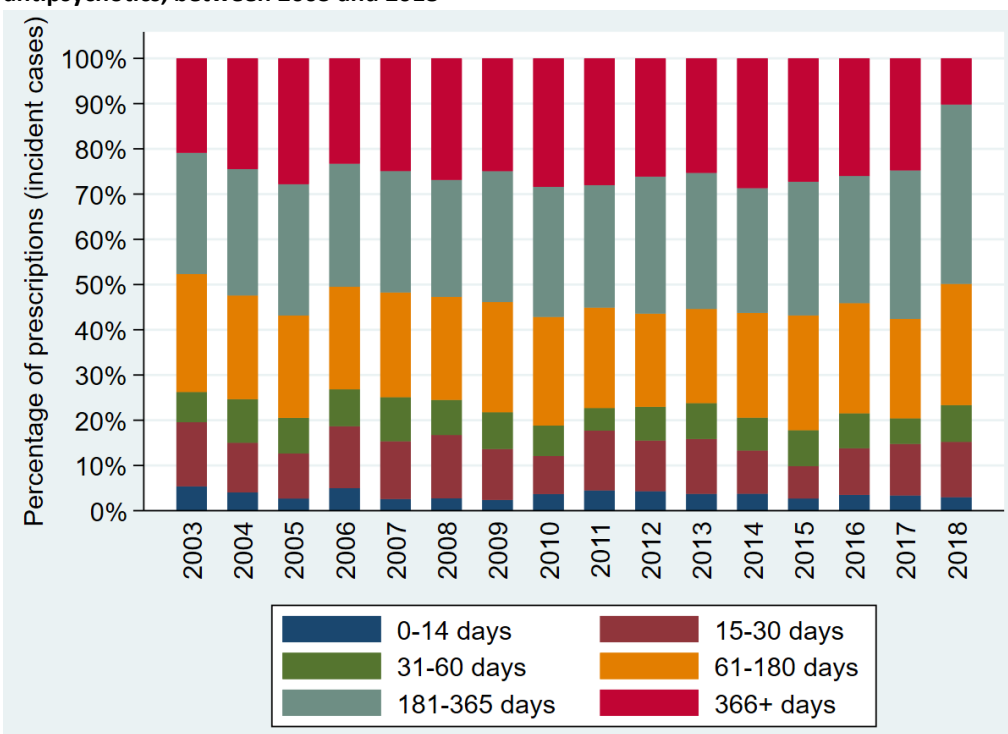
†Data were extracted in July 2019, and therefore it is likely that the figures for 2018 for the longer duration categories are an underestimate and should be interpreted with caution.

Supplementary Figure S25. Changes in the proportion of patients with different treatment lengths for beta-blockers, between 2003 and 2018



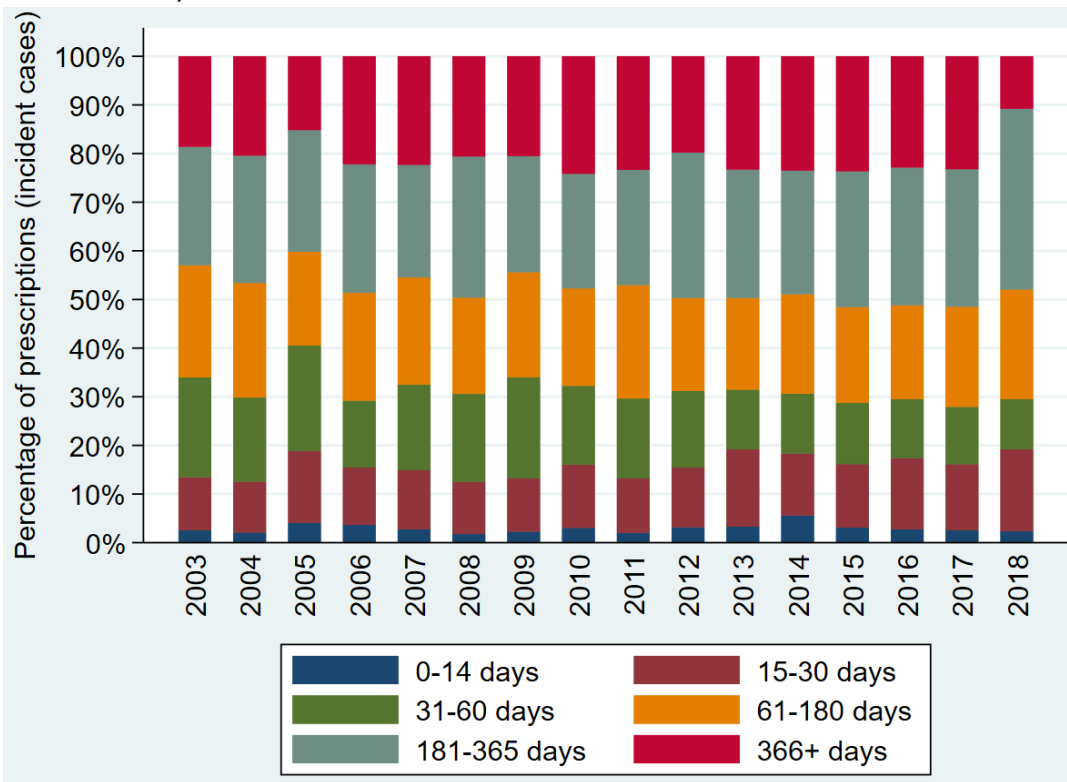
†Data were extracted in July 2019, and therefore it is likely that the figures for 2018 for the longer duration categories are an underestimate and should be interpreted with caution.

Supplementary Figure S26. Changes in the proportion of patients with different treatment lengths for antipsychotics, between 2003 and 2018



†Data were extracted in July 2019, and therefore it is likely that the figures for 2018 for the longer duration categories are an underestimate and should be interpreted with caution.

Supplementary Figure S27. Changes in the proportion of patients with different treatment lengths for anticonvulsants, between 2003 and 2018



†Data were extracted in July 2019, and therefore it is likely that the figures for 2018 for the longer duration categories are an underestimate and should be interpreted with caution.