Generalized Anxiety Disorder 7-item (GAD-7)

The Generalized Anxiety Disorder 7-item (GAD-7) is a easy to perform initial screening tool for generalized anxiety disorder[1].

Over the last 2 weeks, how often have you been bothered by the following problems?

0 = Not at all
1 = Several days
2 = More than half the days
3 = Nearly every day

1. Feeling nervous, anxious or on edge	**0**	**1**	**2**	**3**
2. Not being able to stop or control worrying	**0**	**1**	**2**	**3**
3. Worrying too much about different things	**0**	**1**	**2**	**3**
4. Trouble relaxing	**0**	**1**	**2**	**3**
5. Being so restless that it is hard to sit still	**0**	**1**	**2**	**3**
6. Becoming easily annoyed or irritable	**0**	**1**	**2**	**3**
7. Feeling afraid as if something awful might happen	**0**	**1**	**2**	**3**

Total _____

Your GAD-7 score obtained by adding score for each question (total points)

Interpreting Your Results

The following correlate with level of anxiety severity:

- Score 0-4: Minimal Anxiety
- Score 5-9: Mild Anxiety
- Score 10-14: Moderate Anxiety
- Score greater than 15: Severe Anxiety