

GAD-7 ANXIETY

Over the <u>last two weeks</u> . How often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on the 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___

Column totals _____ + _____ + _____ + _____ =

Total score _____

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____ Somewhat difficult _____ Very difficult _____ Extremely difficult _____

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0,1,2, and 3 to the response categories, respectively of “not at all” “several days” “more than half the days” and “nearly every day”.

GAD-7 for the seven items ranges from 0 to 21.

0-4: minimal anxiety

5-9: mild anxiety

10-14: moderate anxiety

15-21: severe anxiety