

North Texas Family Health  
Generalized Anxiety Disorder Screening

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Generalized Anxiety Disorder 7-Item (GAD-7)

*Circle the number/frequency that best answers the questions below.*

**Over the past two (2) weeks, how often have you been affected by the following?**

**1. Feeling nervous, anxious, or on edge.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

**2. Not being able to stop or control worrying.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

**3. Worrying excessively over multiple things/concepts/problems.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

**4. Trouble relaxing or falling asleep.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

**5. Being restless and having difficulty remaining still.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

**6. Becoming easily annoyed or irritable.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

**7. Feeling afraid as if something horrible might happen.**

None (0)	Once (+1)	Twice (+2)	Three or more (+3)
----------	-----------	------------	--------------------

*GAD-7 score. Add the total points from the categories above.*

**Score:** \_\_\_\_\_

Provider Signature: \_\_\_\_\_

**Interpretation:** When screening for anxiety disorders, a score of eight (8) or greater represents a reasonable cut-point for identifying probable cases of generalized anxiety disorder. Further diagnostic assessment is warranted to determine the presence and type of anxiety disorder. Using a cut-off of eight (8) the GAD-7 has a sensitivity of 92% and specific of 76% for diagnosis of generalized anxiety disorder.

The following cut-offs correlate with level of anxiety severity:

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

### Performance as Screening Tool for Anxiety Disorders

Although designed as a screening tool for generalized anxiety, the GAD-7 also performs reasonably well as a screening tool for three other common anxiety disorders - Panic Disorder, Social Anxiety Disorder, and Post-Traumatic Stress Disorder.

<u>Test</u>	<u>Sensitivity</u>	<u>Specificity</u>	<u>Positive Likelihood Ratio</u>
Generalized Anxiety Disorder	89%	82%	5.1
Panic Disorder	74%	81%	3.9
Social Anxiety Disorder	72%	80%	3.6
Post-Traumatic Stress Disorder	66%	81%	3.5
Any Anxiety Disorder	68%	88%	5.5