

Life Motivations

Generalized Anxiety Disorder (GAD-7)

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

	Not at all	Several Days	More than half the day	Nearly Everyday
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 of something bad happening	0	1	2	3

Add up your total score and find out your anxiety severity below

GAD-7 Score and Anxiety Severity

Anxiety Severity	GAD-7 Score
Minimal	0-4
Mild	5-9
Moderate	10-14
Severe	15-21

Splitzer R, Kroenke K, Williams J, Lowe B. A brief measure for assessing generalized anxiety disorder. The GAD-7. Arch Int. Med. 2006; 166:1092-1097. Copyright (2006). American Medical Association. All rights reserved.