

## **GAD-7 ANXIETY QUESTIONNAIRE**

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

Feeling nervous, anxious or on edge?

- Not at all
- Several days
- More than half the days
- Nearly every day

Not being able to stop or control worrying?

- Not at all
- Several days
- More than half the days
- Nearly every day

Worrying too much about different things?

- Not at all
- Several days
- More than half the days
- Nearly every day

Trouble relaxing?

- Not at all
- Several days
- More than half the days
- Nearly every day

Being so restless that it is hard to sit still?

- Not at all
- Several days
- More than half the days
- Nearly every day

Becoming easily annoyed or irritable?

- Not at all
- Several days
- More than half the days
- Nearly every day

Feeling afraid as if something awful might happen?

- Not at all
- Several days
- More than half the days
- Nearly every day