

Generalized Anxiety Disorder 7-item (GAD-7) scale

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

Questions	Not at all sure (0)	Several days (1)	Over half the days (2)	Nearly Every day (3)
1. Feeling nervous, anxious, or on edge				
2. Not being able to stop or control worrying				
3. Worrying too much about different things				
4. Trouble relaxing				
5. Being so restless that it's hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				
Total Score = _____	_____	+ _____	+ _____	+ _____

If you checked off any problems, how difficult have these 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

How to Score

Total Score	Interpretation
0 - 5	Mild anxiety
6 - 10	Moderate anxiety
11 - 15	Moderately severe anxiety
16 - 21	Severe anxiety
** More than 10	Probable Diagnosis of Generalized Anxiety Disorder