

GAD-7

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

		Not at all sure	Several days	Over half the days	Nearly every day
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's 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 off any problems, how difficult have these problems 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 Notes

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

Scores Represent:

0-5 = mild anxiety

6-10 = moderate anxiety

11-15 = moderately severe anxiety

15-21 = severe anxiety