

GAD-7 Scale (General Anxiety Disorder-7 item)

The GAD-7 is useful in primary care and mental health settings as a screening tool and symptom severity measure for the four most common anxiety disorders (Generalized Anxiety Disorder, Panic Disorder, Social Phobia and PostTraumatic Stress Disorder).

Patient's Name:				
Date:				
	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 days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that it's hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3
Feeling afraid as if something awful might happen	0	1	2	3
Add the score for each column	+	+	+	

Total Score (add your column scores) =				
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 <input type="checkbox"/>	Somewhat difficult <input type="checkbox"/>	Very difficult <input type="checkbox"/>	Extremely difficult <input type="checkbox"/>
Interpretation of Total Score	Total Score		Anxiety Severity	
<input type="checkbox"/>	1-4		Minimal anxiety	
<input type="checkbox"/>	5-9		Mild anxiety	
<input type="checkbox"/>	10-14		Moderate anxiety	
<input type="checkbox"/>	15-19		Moderately severe anxiety	
<input type="checkbox"/>	20-27		Severe anxiety	
			Higher GAD-7 scores correlate with disability and functional impairment (in measures such as work productivity and health care utilization).	

_____ Patient's Initials