

GAD-7

The GAD-7 (generalized anxiety disorder questionnaire) measures anxiety levels.

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
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, as if something awful might happen	0	1	2	3
GAD-7 total score ____					

Scoring GAD-7

Add up your scores and see where they fall on this index of severity.

0–4 None

5–10 Mild anxiety

11–15 Moderate anxiety

16–21 Severe anxiety

If you have a score of 8 or more you may wish to consider visiting your doctor.