

GAD-7

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

Not at all

Several days

More than half the days

Nearly every day

(Use "✓" to indicate your answer)

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

(For office coding: Total Score T ___ = ___ + ___ + ___)

Clinician's Name & Credential

Date

Time

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

- I] 0-4: minimal anxiety
- I] 5-9: mild anxiety
- I] 10-14: moderate anxiety
- I] 15-21: severe anxiety

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