



Generalized Anxiety Disorder (GAD-7) Scale

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

Problem	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 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
Column totals (add together each column)				
TOTAL SCORE				



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If you checked any problems, how difficult have they 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 GAD-7 Anxiety Severity

Adding all scores together should give a total score range from **0** to **21**, which indicates:

0-4:
minimal anxiety

5-9:
mild anxiety

10-14
moderate anxiety

15-21
severe anxiety