

General Anxiety Disorder questionnaire (GAD-7)

The questions below ask about how often and how severe you may experience anxiety symptoms over the past two weeks. Please help us provide you with the best medical care by answering the following questions.

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
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 irritated	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
Total score of all your answers: _____				
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

When did the symptoms begin? _____

For the clinician:

Scoring and Interpretation:

1 – 4 points	5 - 9 points	10 – 14 points	15 – 21 points
Minimal anxiety	Mild anxiety	Moderate anxiety	Moderate to severe anxiety
Treatment for anxiety may not be clinically indicated.	Therapist uses clinical judgement about treatment needs based upon knowledge of the client, duration and severity of symptoms	Treatment goals and interventions target the specific symptoms indicated by client's answers.	Treatment goals and interventions target the specific symptoms indicated by client's answers. This score often warrants treatment using medication, therapy, or both.

References:

- Spitzer RL, Kroenke K, Williams JB, Lowe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Archives of internal medicine. May 22 2006;166(10):1092-1097. PMID: 16717171
- Kroenke K, Spitzer RL, Williams JB, Monahan PO, Lowe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Annals of internal medicine. Mar 6 2007;146(5):317-325. PMID: 17339617
- Lowe B, Decker O, Muller S, et al. Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. Medical care. Mar 2008;46(3):266-274. PMID: 18388841