

## GAD-7

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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 irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Total Score \_\_\_\_\_ = Add Columns \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

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 <input type="checkbox"/>	Somewhat difficult <input type="checkbox"/>	Very difficult <input type="checkbox"/>	Extremely difficult <input type="checkbox"/>
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### Scoring

Scores  $\geq 10$ : Further assessment (including diagnostic interview and mental status examination) and/or referral to a mental health professional recommended.

Score	Symptom Severity	Comments
5-9	Mild	Monitor
10*-14	Moderate	Possible clinically significant condition
>15	Severe	Active treatment probably warranted

The GAD-7 Scale was created by Drs. Robert L. Spitzer, Janet B.W. Williams, and Kurt Kroenke and colleagues. The GAD-7 scale is free to use. For research information, contact Dr. Kroenke at [kkroenke@regenstrief.org](mailto:kkroenke@regenstrief.org)

Spitzer RL Kroenke K Williams JB et al. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med 2006;166:1092–1097.