



GAD-7 Anxiety

The Generalised Anxiety Disorder Assessment (GAD-7) is a seven-item instrument that is used to measure or assess the severity of generalised anxiety disorder (GAD). Each item asks the individual to rate the severity of his or her symptoms over the past two weeks. Response options include “not at all”, “several days”, “more than half the days” and “nearly every day”.

Over the last two weeks , how often have you been bothered by the following problems?	
1. Feeling nervous, anxious, or on edge	
2. Not being able to stop or control worrying	
3. Worrying too much about different things	
4. Trouble relaxing	
5. Being so restless that it is hard to sit still	
6. Becoming easily annoyed or irritable	
7. Feeling afraid, as if something awful might happen	
Total Score	
GAD-7 Anxiety Severity Scoring	
This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” GAD-7 total score for the seven items ranges from 0 to 21.	
0–4: minimal anxiety	
5–9: mild anxiety	
10–14: moderate anxiety	
15–21: severe anxiety	

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues.