

The Generalized Anxiety Disorder 7-Item (GAD-7) Screener

This screener can be used to assess patients at every visit

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, or 3 to the response categories below.

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
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Over the last two 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
Column totals				
Total =				

If you circled a score for any problems >0, how difficult have the 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
☐	☐	☐	☐