Over the last 2 weeks, how often have you been bothered by the following problems?

1. Feeling nervous, anxious, or on edge

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Not being able to stop or control worrying

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Worrying too much about different things

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Trouble relaxing

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Being so restless that it is hard to sit still

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Becoming easily annoyed or irritable

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling afraid as if something awful might happen

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

(For office coding: **Total Score T**\_\_\_\_ = \_\_\_\_ + \_\_\_\_ + \_\_\_\_ )

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Notes

1. GAD-7 total score is obtained by adding the score for each of the items (possible range 0 to 21)
2. Scores of 5-9 (mild), 10-14 (moderate), and 15-21 (severe) represent thresholds for mild, moderate, and severe anxiety. Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for generalized anxiety disorder It is moderately good at screening three other common anxiety disorders – panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%), and post-traumatic stress disorder (sensitivity 66%, specificity 81%).

Reference

Spitzer RL, Kroenke K, Williams JBW, Löwe B. A Brief Measure for Assessing Generalized Anxiety Disorder: The GAD-7. Arch Intern Med. 2006;166(10):1092–1097.