GAD-7

Introduction and scoring

The GAD-7 is a seven-item screening instrument for generalized anxiety disorder. However, it has also proved to have good sensitivity and specificity as a screener for panic disorder, social anxiety, and post-traumatic stress disorder. Each of the seven items are calculated by assigning scores of 0 (not at all), 1 (several days), 2 (more than half the days), or 3 (nearly every day). GAD-7 total score ranges from 0 to 21. Scores of 5, 10, and 15 represent cutpoints for mild, moderate, and severe anxiety, respectively. When screening for anxiety disorders, a recommended cutpoint for further evaluation is a score of 10 or greater.

Screening Tool

Over the last two weeks, how often have you been bothered by the following problems?
(Use "✔" to indicate your answer)

	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				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				

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

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