

Patient Name: _____ DOB: _____

Generalized Anxiety Disorder

The GAD-7 is a brief clinical measure for the assessment of generalized anxiety disorder. This tool may serve as a screening instrument to identify probable cases of GAD, and the scale scores provide a measure of severity.

GAD-7

Over the last two weeks how often have you been bothered by any of the following problems? (circle the best 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	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

If you checked off any problems, how difficult have these 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 _____

GAD-7 Score and Anxiety Severity

GAD-7	Anxiety Severity
0-4	Minimal
5-9	Mild
10-14	Moderate
15-21	Severe

Spitzer et al have identified a cut off score of 10 or greater for identifying probable cases of GAD. Additional evaluation should be used to confirm a diagnosis of GAD.