

GAD-7

Identifier

Date

Please read each statement and select a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past two weeks. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day

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 GAD-7 score =

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Scoring guide

| Normal | Mild | Moderate | Severe |
|---------------|-------------|-----------------|---------------|
| 0 - 4 | 5 - 9 | 10 - 14 | 15 - 21 |

The maximum score of the GAD-7 is 21, lower scores are better. Scores are assigned in the following manner:

0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day

The total score is simply the sum of question items one through seven. Scores of 5, 10 and 15 are taken as the cut off points for mild, moderate, and severe anxiety respectively. When used as a screening tool, further evaluation is recommended should the score be ten or greater.

Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for generalised 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%).

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Kroenke K, Spitzer RL, Williams JB, et al; Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. *Ann Intern Med.* 2007 Mar 6; 146(5):317-25

Spitzer, R.L, Kroenke, K. & Williams, J.B. *et al.* A brief measure for assessing generalised anxiety disorder: the GAD-7. *Arch. Intern. Med.* 2006: 166:1092-7.