



Generalized Anxiety Disorder 7-item (GAD-7)

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

1. Feeling nervous, anxious, on on edge

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

2. Not being able to stop or control worrying

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

3. Worrying too much about different things

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

4. Trouble relaxing

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

5. Being so restless that it's hard to sit still

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

6. Becoming easily annoyed or irritable

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

7. Feeling afraid as if something awful might happen

- Not all all sure-0 Several days - 1 Over half the days-2 Nearly everyday-3

Add the score for each column

Total of 1's

Total of 2's

Total of 3's

Total Score (add you column scores)
