

Generalized Anxiety Disorder Assessment

Generalized Anxiety Disorder-7 (GAD-7)

Over the **last 2 weeks**, how often have you been bothered by any of 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 down	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

How to Score Your Self-Assessment

Assign a number to each of your responses as follows:

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

As you tally your total for all questions:

- Score of 1 to 5 could indicate mild anxiety
- Score of 6 to 10 suggests moderate anxiety
- Score of 11 to 15 indicates moderately severe anxiety
- Score of 16 to 21 is a sign of severe anxiety

If you scored from 11 to 21, we encourage you to contact us or another behavioral health professional.