

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, or 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 1s

Total of 2s

Total of 3s

Total Score (add your column scores)
