

GENERALISED ANXIETY DISORDER 7-ITEM (GAD-7) SCALE

The GAD-7 Scale is a self-report scale for the screening and severity measuring of Generalized Anxiety Disorder (GAD).

INSTRUCTIONS FOR SCORING

Sum up your scores for all 7 items.

INTEPRETATION OF SCORES

Total Score	Levels of anxiety symptoms severity
0-4	None
5-9	Mild Anxiety
10-14	Moderate Anxiety
>15	Severe Anxiety

KEY REFERENCE

Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006;166:1092-1097.

TIME TAKEN TO COMPLETE

5 minutes

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

- 3** = Nearly every day
- 2** = Over half the days
- 1** = Several days
- 0** = Not at all

- _____ Feeling nervous, anxious, or on edge.
- _____ Not being able to stop or control worrying.
- _____ Worrying too much about different things.
- _____ Trouble relaxing.
- _____ Being so restless that it's hard to sit still.
- _____ Becoming easily annoyed or irritable.
- _____ Feeling afraid as if something awful might happen.
- _____ **Total**