GAD-7

Name: _____ Date: _____

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

#	Question	Not at all	Several days	More than half the days	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 score: _____

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How to score the GAD-7

- Score each answer: Not at all = 0, Several days = 1, More than half the days = 2, Nearly every day = 3.
- Add the seven scores for a total of 0–21.
- A total of 10 or more is the cutoff most often used to suggest a fuller assessment.

Severity ranges

0–4	Minimal
5–9	Mild
10–14	Moderate
15–21	Severe

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