

Generalized Anxiety Disorder (GAD-7)

Question	Over the last two weeks, how often have you been bothered by the following?	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 still.	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

Total

0-4: Minimal Anxiety

5-9: Mild Anxiety

10-14: Moderate Anxiety

15-21: Severe Anxiety

This screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. We strongly advise that you contact a health professional for more information and a complete evaluation.

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Interpretation of Scores

Category	Anxiety Severity	Description	Score
1	None or Minimal	Your results do not suggest you are experiencing symptoms or significant anxiety currently. We would encourage you to continue monitoring your mood and ensure that you eat well, cut back on any alcohol use, and increase your levels of physical and social activity.	0-4
2	Mild	Your results suggest you are experiencing mild anxiety. We would encourage you to continue monitoring your mood and ensure that you eat well, cut back on any alcohol use, and increase your levels of physical and social activity.	5-9
3	Moderate	Anxiety can be treated. Talk with your doctor about your symptoms as well to address any medical concerns that might be present. He or she may also be able to provide a referral to a counselor.	10-14
4	Severe	It is likely that anxiety is significantly interfering in multiple areas of your life, and you should seek professional assistance right away. Talk with your doctor about your symptoms and treatment alternatives. Seek help immediately if you are experiencing thoughts of harming yourself, which are common with anxiety. Remember, help is available.	15-21

This screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. If feelings persist or worsen, please consider contacting a health professional for more information and a complete evaluation.

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