

# Anxiety Assessment Tool

## Generalized Anxiety Disorder 7-item (GAD-7) Scale

Name:

Date:

**Instructions:**

1. Over the last two weeks, how often have you been bothered by the following problems?
2. Please select the most appropriate option for each item based on your experience:

**0:** Not at all

**1:** Several days

**2:** More than half the days

**3:** Nearly every day

Item	Question	0	1	2	3
1	Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Being so restless that it's hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Column totals:**        +        +        +        =

**Total score:**

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

<b>Not difficult at all</b>	<b>Somewhat difficult</b>	<b>Very difficult</b>	<b>Extremely difficult</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Interpretation:**

Scoring GAD-7 Anxiety Severity This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day." GAD-7 total score for the seven items ranges from 0 to 21.

- **0–4:** minimal anxiety
- **5–9:** mild anxiety
- **10–14:** moderate anxiety
- **15–21:** severe anxiety