



GAD-7 Scale

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

This scale does NOT indicate a mental health diagnosis.

It is a screener to help you decide if services may be beneficial.

Over the past 2 weeks, how often have you been bothered by any of the following problems?

Please indicate severity by using the scale listed below.

0 = Not at all

1 = Several days

2 = More than half days

3 = Every day or 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's hard to sit still
6. ___ Becoming easily annoyed or irritable
7. ___ Feeling afraid as if something awful might happen

Questionnaire Score

Add up the all the numbers for answers 1-7 above.

Total Score: ___

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