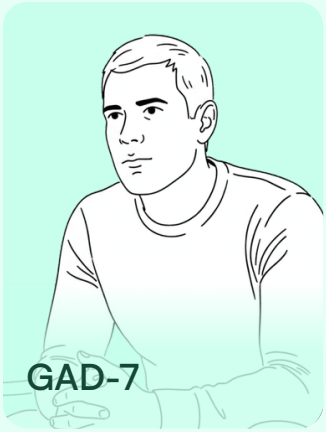


Generalized Anxiety Disorder-7 (GAD-7)

The GAD-7 is a screening tool used to assess the severity of generalized anxiety disorder in adults. It measures the frequency of anxiety symptoms experienced over the past two weeks.

Number of questions	7 questions
Estimated duration	1 minute
Language	English
Original name	General Anxiety Disorder - 7
Target audience	Adults
Authors	Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke (2006)
Category	Anxiety

Preview of the 7 questions

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

Feeling nervous, anxious, or on edge

Not at all | Several days | More than half the days | Nearly every day

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

Not being able to stop or control worrying

Not at all | Several days | More than half the days | Nearly every day

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

Worrying too much about different things

Not at all | Several days | More than half the days | Nearly every day

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

Trouble relaxing

Not at all | Several days | More than half the days | Nearly every day

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

Being so restless that it is hard to sit still

Not at all | Several days | More than half the days | Nearly every day

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

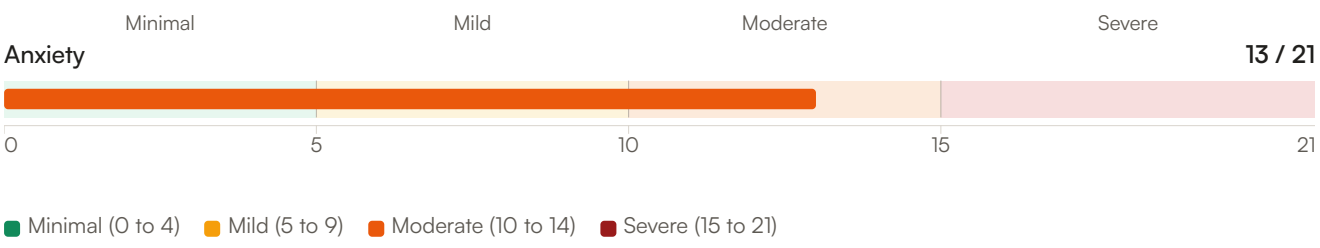
Responses are scored from 0 to 3 for each question, according to the frequency of symptoms (0: not at all, 1: several days, 2: more than half the days, 3: nearly every day). The total score can range from 0 to 21, with cutoffs indicating mild (5-9), moderate (10-14) and severe (15-21) levels of anxiety.

Scoring example

Scoring

Score: 13/21

0 — 4	Minimal anxiety
5 — 9	Mild anxiety
10 — 14	**Moderate anxiety** ◀ 13
15 — 21	Severe anxiety



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 Nolwenn P. - CBT Psychologist