

Questionnaire of Safety Behaviors for Generalized Anxiety Disorder (GAD-SBQ)

The GAD-SBQ is a self-report tool designed to identify and measure the safety behaviors specifically associated with generalized anxiety disorder. These behaviors are often used by individuals to reduce their perceived anxiety, but they can paradoxically maintain or worsen anxiety symptoms over the long term.

Number of questions	10 questions
Estimated duration	2 minutes
Language	English
Original name	Questionnaire of Safety Behaviors for Generalized Anxiety Disorder
Target audience	Adults
Authors	Marcotte-Beaumier, G., Hebert, E. A., & Dugas, M. J. (2020)
Category	Anxiety

Preview of the 10 questions

I frequently avoid situations that could have a negative outcome.

E.g., avoiding eating at a new restaurant

Not at all typical of me | A little typical of me | Moderately typical of me | Quite typical of me | Extremely typical of me

I repeatedly redo or modify tasks that I have already finished.

E.g., going back to a project I have already finished and making changes to it.

Not at all typical of me | A little typical of me | Moderately typical of me | Quite typical of me | Extremely typical of me

I seek out a lot of information in order to feel reassured.

E.g., checking traffic reports to find out whether there has been an accident on the route my partner takes.

Not at all typical of me | A little typical of me | Moderately typical of me | Quite typical of me | Extremely typical of me

I avoid committing fully to a job, a project, or a relationship because I'm not sure how it will go

E.g., refusing to get involved in an ambitious project at work.

Not at all typical of me | A little typical of me | Moderately typical of me | Quite typical of me | Extremely typical of me

I constantly seek reassurance because of my worries.

E.g., asking my partner to reassure me about my worries regarding our relationship.

Not at all typical of me | A little typical of me | Moderately typical of me | Quite typical of me | Extremely typical of me

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

Each question is rated on a Likert scale. Scores are summed to determine the use of safety behaviors. A high score suggests strong reliance on these behaviors, which may be an indicator of greater severity of generalized anxiety symptoms.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist