

Generalized Anxiety Disorder 7 item (GAD 7) scale

<i>Over the last 2 weeks, how often have you been bothered by the following problems?</i>	Not at all sure	Several days	Over 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 its 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
<i>Add the score for each column</i>	+	+	+	
Total Score <i>(add your column scores =</i>	<hr/>			

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

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

Source: Spitzer RL., Kroenke K. Williams JBW, Lowe B. A brief measure for aassessing generalazed anxiety disorder. *Arch Intern Med* . 2006;166:1092-1097.