

General Anxiety Disorder (GAD-7)

Patient Name: _____
Last Name First Name Middle

Date of Birth: _____ Marital Status: Single Partnered Married Widowed Divorced Separated

Over the ***last 2 weeks***, how often have you been bothered by any of the following problems? **Please circle your answer.**

| GAD-7 | Not at all | Several days | More than 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 it's 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 |
| Add the score for each column | | | | |

Total Score for GAD-7: _____

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? **(Circle one)**

Not difficult at all

Somewhat difficult

Very Difficult

Extremely Difficult