

GAD-7 Screening Questions

	During the last 2 weeks, how often have you been bothered by the following problems?	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 is 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
Total Score: _____ = Add columns: _____ + _____ + _____					
If you checked off any problems, how difficult have these problems 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	
	☐	☐	☐	☐	

Scoring and Interpretation of Scores:

GAD-7 Anxiety Severity: This is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of “not at all,” “several days,” “more than half the days,” and “nearly every day,” respectively. GAD-7 total score for the seven items ranges from 0 to 21.

Scores of 5, 10, and 15 represent cut points for mild, moderate, and severe anxiety, respectively. Though designed primarily as a screening and severity measure for generalized anxiety disorder, the GAD-7 also has moderately good operating characteristics for three other common anxiety disorders – panic disorder, social anxiety disorder, and post-traumatic stress disorder. When screening for individual or any anxiety disorder, a recommended cut point for further evaluation is a score of 10 or greater.

Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for generalized anxiety disorder. It is moderately good at screening three other common anxiety disorders – panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%), and post-traumatic stress disorder (sensitivity 66%, specificity 81%).

Interpreting Scores	
5-9	mild anxiety
10-14	moderate anxiety ⁽¹⁾
15-21	severe anxiety

⁽¹⁾ When screening for individual or any anxiety disorder, a recommended cut point for further evaluation is a score of 10 or greater.

Source: Robert L. Spitzer, MD; Kurt Kroenke, MD; Janet B. W. Williams, DSW; Bernd Löwe, MD, PhD *A brief measure for assessing generalized anxiety disorder. The GAD-7*, Arch Intern Med. 2006;166:1092-1097.