wasbirt🞄pci **GAD-7 Anxiety Scale**

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| --- | --- | --- | --- | --- |
| **Over the Last 2 weeks, how often have you been bothered by any of 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 |
| 1. Not being able to stop or control worrying | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Worrying too much about different things | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Trouble relaxing | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Being so restless that it is hard to sit still | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Becoming easily annoyed or irritable | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Feeling afraid as if something awful might happen | ○ 0 | ○ 1 | ○ 2 | ○ 3 |

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| --- | --- | --- | --- |
| 1. If you checked off any problems on this questionnaire so far, how difficult have these problems made if for you to do your work, take care of things at home, or get along with other people? | | | |
| Not difficult at all  ○ 0 | Somewhat difficult  ○ 1 | Very difficult  ○ 2 | Extremely difficult  ○ 3 |

**SCORING:**

Each response from the GAD7 has a score ranging from 0 to 3. The score for each response is next to the check box. After a patient has completed the GAD7, add up each column score, and then sum all four columns for the patient’s score. Below are the scoring guidelines for the GAD7.

**Scoring Guidelines**

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| --- | --- | --- |
| **Guidelines for Interpretation for GAD7** | | |
| **Score** | **Risk Level** | **Intervention** |
| 0 | No to Low risk | None, rescreen annually |
| 5 | Mild | Provide general feedback, repeat GAD7 at follow up |
| 10 | Moderate | Further Evaluation Recommended and referral to mental health program |
| 15+ | Severe | Further Evaluation Recommended and referral to mental health program |

Spitzer RL, Kroenke K, Williams JB, et al; A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006 May 22;166(10):1092-7. GAD-7

*If the total score is 10 or more, this could indicate a clinically significant problem and should trigger referral to a mental health program or enrollment in the Mental Health Integration Program.*