

Evaluation Generalized Anxiety Disorder Scale (GAD-7)

26.09.2021

Score	Anxiety Severity
0 – 4	None-minimal
5 – 9	Mild
10 – 14	Moderate
15 – 21	Severe

Total Score: 12

Further evaluation of anxiety disorders recommended (cutpoint of 10 or greater)

Over the last 2 weeks, how often have you been bothered by the following problems?

Feeling nervous, anxious or on edge	More than half the days
Not being able to stop or control worrying	Several days
Worrying too much about different things	Several days
Trouble relaxing	More than half the days
Being so restless that it is hard to sit still	Several days
Becoming easily annoyed or irritable	More than half the days
Feeling afraid as if something awful might happen	Nearly every day