

## Scoring Generalized Anxiety Disorder Scale (GAD-7)

10.09.2023

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

Total Score: **8**

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

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