

Resources for the Comprehensive Geriatric Assessment based Proactive and Personalised Primary Care of the Elderly

## GAD-7 Generalised Anxiety Disorder 7 Item Questionnaire

Purpose: Brief screening questionnaire for generalized anxiety disorder.

Admin time: 5 min

User Friendly: High

Administered by: Healthcare provider or self-administered

**Content :** Seven items measuring worry and anxiety symptoms. Each item is scored on a four-point Likert scale (0–3) with total scores ranging from 0 to 21 with higher scores reflecting greater anxiety severity

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**Translation**: Available in several languages: <u>access</u>



https://www.cgakit.com/p-4-gad-7

## GAD-7 Generalised Anxiety Disorder 7 Item Questionnaire

Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems?  (Use "" to indicate your answer"	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	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
Becoming easily annoyed or irritable	0	1	2	3
Feeling afraid as if something awful might happen	0	1	2	3

Column totals:	_ + _ + _ +	
	= Total Score	

If you checked off  $\underline{any}$  problems, how  $\underline{difficult}$  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	Somewhat	Very	Extremely
at all	difficult	difficult	difficult



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## Scoring

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day."

GAD-7 total score for the seven items ranges from 0 to 21.

0-4: minimal anxiety

5-9: mild anxiety

10-14: moderate anxiety

15-21: severe anxiety

