

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

Author : Spitzer RL, 2006

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Translation : Available in several languages : [access](#)



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

GAD-7

Generalised Anxiety Disorder

7 Item Questionnaire

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