

## Generalised anxiety disorder questionnaire – GAD-7

### Information for health professionals

GAD-7 is a widely used questionnaire designed to help health professionals measure and monitor symptoms of generalised anxiety disorder (GAD). GAD-7 is based on the diagnostic criteria for GAD described in *Diagnostic and Statistical Manual of Mental Disorders*, 4th Edition (DSM-IV). **However, GAD-7 is also sensitive to the severity of symptoms of social phobia, post-traumatic stress disorder and panic disorder.**

### How to use GAD-7

This questionnaire is designed for use by health professionals. Since the questionnaire relies on patient self-report, all responses should be verified by the clinician and a definitive diagnosis made on clinical grounds, taking into account how well the patient understood the questionnaire and other relevant information from the patient (e.g. presence of DSM-IV GAD symptoms). A diagnosis of generalised anxiety disorder or any other disorder should not be made based on GAD-7 scores alone.

An online version of GAD-7 is available at: [ecentreclinic.org/?q=GeneralAnxietyTest](http://ecentreclinic.org/?q=GeneralAnxietyTest)

### Scoring

Add all seven numbers in the questionnaire to obtain a total score. Scores will range from 0 to 21. A score of 10 or greater indicates further evaluation is required.

GAD-7 total score	Symptom range
0 – 4	Minimal anxiety
5 – 9	Mild anxiety
10 – 14	Moderate anxiety
15 – 21	Severe anxiety

### References:

- Dear, B. F., Titov, N., McMillan, D., Anderson, T., Lorian, C., Robinson, E., & Sunderland, M. (2011). Psychometric comparison of the GAD-7 and PSWQ for measuring response during internet treatment for Generalised Anxiety Disorder. *Cognitive Behaviour Therapy*, 40(3), 216-227.
- Löwe, B., Decker, O., Müller, S., Brähler, E., Schellberg, D., Herzog, W., & Herzberg, P. Y. (2008). Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. *Medical Care*, 46, 266-274.
- \*Spitzer, R. L., Kroenke, K., Williams, J. B. W., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. *Archives of Internal Medicine*, 166(10), 1092-1097.
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## Anxiety Quiz

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

Circle your answer.

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
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
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<b>For office coding</b> ____ +    ____ + ____ + ____ <span style="float: right;">= Total score: ____</span>				

If you checked off **any** problems, how **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  
at all

Somewhat  
difficult

Very  
difficult

Extremely  
difficult