



SCOPE

Success in Primary Care through
Optimizing Psychiatric Evaluations

PHYSICIAN / PATIENT TOOLS

Generalized Anxiety Disorder 7 (GAD-7)

The GAD-7 is a brief clinical measure for the assessment of generalized anxiety disorder. This tool may serve as a screening instrument to identify probable cases of GAD, and the scale scores provide a measure of severity.

GAD-7

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

GAD-7 Score and Anxiety Severity

GAD-7	Anxiety Severity
0-4	Minimal
5-9	Mild
10-14	Moderate
15-21	Severe

Spitzer et al have identified a cut off score of 10 or greater on the GAD-7 for identifying probable cases of GAD. Additional evaluation should be used to confirm a diagnosis of GAD.

Spitzer R, Kroenke K, Williams J, Lowe B. A brief measure for assessing generalized anxiety disorder. The GAD-7. *Arch Int Med.* 2006;166:1092-1097. Copyright © (2006). American Medical Association. All rights reserved.