

GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of “not at all,” “several days,” “more than half the days,” and “nearly every day,” respectively. GAD-7 total score for the seven items ranges from 0 to 21. Scores of 5, 10, and 15 represent cutpoints for mild, moderate, and severe anxiety, respectively. Though designed primarily as a screening and severity measure for generalized anxiety disorder, the GAD-7 also has moderately good operating characteristics for three other common anxiety disorders – panic disorder, social anxiety disorder, and post-traumatic stress disorder. When screening for individual or any anxiety disorder, a recommended cutpoint for further evaluation is a score of 10 or greater.

References

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GAD-7 and GAD-2 Operating Characteristics in 965 Primary Care Patients

Cutpoint	Generalized Anxiety Disorder N = 72 (7.5%)	Panic Disorder N = 66 (6.8%)	Social Anxiety Disorder N = 60 (6.2%)	Posttraumatic Stress Disorder (N = 83) (8.6%)	Any Anxiety Disorder N = 188 (19.5%)
GAD-7 (0-21 range)					
8					
Sensitivity	.92	.82	.78	.76	.77
Specificity	.76	.75	.74	.75	.83
9					
Sensitivity	.90	.79	.77	.74	.73
Specificity	.79	.78	.77	.78	.85
10					
Sensitivity	.89	.74	.72	.66	.68
Specificity	.82	.81	.80	.81	.88
GAD-2 (0-6 range)					
2					
Sensitivity	.96	.91	.85	.86	.86
Specificity	.64	.63	.62	.63	.70
3					
Sensitivity	.88	.76	.70	.59	.65
Specificity	.83	.81	.81	.81	.86

On the following pages are the

- PHQ-9 depression scale
- GAD-7 anxiety scale