

# GAD-7

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

(Use "✓" to indicate your answer)

|  | Not<br>at all | Several<br>days | More than<br>half the<br>days | Nearly<br>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                   |

**(For office coding: Total Score T\_\_\_\_\_ = \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ )**