

Zero Stress Living

GAD7 Anxiety Assessment

Please read each statement and record a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past two weeks. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day

Feeling nervous, anxious or on edge _____

Not being able to stop or control worrying _____

Worrying too much about different things _____

Trouble relaxing _____

Being so restless that it is hard to sit still _____

Becoming easily annoyed or irritable _____

Feeling afraid as if something awful might happen _____

Add For Total GAD7 Score = _____

Scoring guide Normal	Mild	Moderate	Severe
0 - 4	5 - 9	10 - 14	15 - 21

Are you more stressed than you would like to be? Go to ZeroStressLiving.com to learn about the life and wellness coaching audio and eBooks available to download now!

Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for generalized anxiety disorder.

Kroenke, K., Spitzer, R.L., Williams, J.B. *et al*; Anxiety disorders in primary care: Prevalence, impairment, comorbidity, and detection. *Ann Intern Med.* 2007 Mar 6; 146(5):317-25

Spitzer, R.L, Kroenke, K. & Williams, J.B. *et al*. A brief measure for assessing generalized anxiety disorder: the GAD-7. *Arch. Intern. Med.* 2006; 166:1092-7.