

# Generalised Anxiety Disorder Assessment (GAD-7)

## PATIENT PROFESSIONAL REFERENCE

Professional Reference articles are written by UK doctors and are based on research evidence, UK and European Guidelines. They are designed for health professionals to use, so you may find the language more technical than the **condition leaflets**.

This easy-to-use self-administered patient questionnaire is used as a screening tool and severity measure for generalised anxiety disorder (GAD).<sup>[1, 2]</sup>

## Generalised Anxiety Disorder Questionnaire (GAD-7)

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

Feeling nervous, anxious or on edge?

Not at all  
Several days  
More than half the days  
Nearly every day

Not being able to stop or control worrying?

Not at all  
Several days  
More than half the days  
Nearly every day

Worrying too much about different things?

Not at all  
Several days  
More than half the days  
Nearly every day

Trouble relaxing?

Not at all  
Several days  
More than half the days  
Nearly every day

Being so restless that it is hard to sit still?

Not at all  
Several days  
More than half the days  
Nearly every day

Becoming easily annoyed or irritable?

Not at all  
Several days  
More than half the days  
Nearly every day

Feeling afraid as if something awful might happen?	<div>Not at all</div> <div>Several days</div> <div>More than half the days</div> <div>Nearly every day</div>
Total= <input type="text"/> /21	<input type="text"/>

*The GAD-7 originates from Spitzer RL, Kroenke K, Williams JB, et al; A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006 May 22;166(10):1092-7. GAD-7 © Pfizer Inc. all rights reserved; used with permission.*

The GAD-7 score 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, and adding together the scores for the seven questions.

Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively. When used as a screening tool, further evaluation is recommended when the score is 10 or greater.

Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for GAD. It is moderately good at screening three other common anxiety disorders - panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%) and post-traumatic stress disorder (sensitivity 66%, specificity 81%).<sup>[3]</sup>

## FURTHER READING AND REFERENCES

1. Swinson RP; The GAD-7 scale was accurate for diagnosing generalised anxiety disorder. Evid Based Med. 2006 Dec 11(6):184.
2. Spitzer RL, Kroenke K, Williams JB, et al; A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006 May 22 166(10):1092-7.
3. Kroenke K, Spitzer RL, Williams JB, et al; Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007 Mar 6 146(5):317-25.

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