



Generalized Anxiety Disorder 7

Assessment Report

This report is intended for a qualified Behavioural & Mental Health Professional for use in their evaluation as a potentially useful resource to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis.

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About the report

Demographics

Table 1

ID Number	kx5nmYltE7Nzw6hb68uewR2Qp0E3
First name	Pratham
Age	38
Gender	Male
Marital status	In a relationship
Education	Bachelor's degree
Occupation	Video Editor
State	Gujarat
Country	India
Assessment	GAD-7
Date of initiation	11/12/2025
Date of report	11/12/2025
Practitioner	Endorphin Corporation
Referrer	

Table of contents

Table 2

Disclaimer
Assessment description
Results of evaluation
Response sheet / Score sheet
Recommendations
Psychoeducation

Disclaimer

A psychological test is an objective procedure for sampling and quantifying human behaviour to make an inference about a particular psychological construct using standardised stimuli, and methods of administration and scoring. Psychological tests are often used in an attempt to capture the effects of hypothetical constructs. As in other scientific disciplines, psychology employs constructs that are not directly observable; rather their effects can only be inferred. As such, we need to be aware that sometimes a gap exists between what Behavioural & Mental Health Professionals intend to measure using a psychological test and what the test actually measures.

This report was created by qualified Behavioural & Mental Health Professionals and the conclusions/recommendations provided therein are part of a standard model. This report DOES NOT qualify as an assessment of the specific attributes of the concerned individual and SHOULD NOT be construed to be a final or comprehensive report. This report is intended for a qualified Behavioural & Mental Health Professional for use in their evaluation as a potentially useful resource to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis.

For complete interpretation, this report must be supplemented with full medical examination to rule out the possibilities of a medical, disease or organic cause for the individual's symptoms. The client is encouraged to reach out to the practitioner to get a better understanding of the report.

Assessment procedure

The assessment was conducted remotely via PsyPack's web-based platform. It must be noted here that there are potential limitations of all assessment processes conducted via telepsychology. Please consult with a qualified Behavioural & Mental Health Professional.

Assessment description

Title

Generalized Anxiety Disorder 7

Definition

The Generalized Anxiety Disorder 7 (GAD-7) is a brief scale for anxiety. It scores 7 common anxiety symptoms. Though originally developed to diagnose generalized anxiety disorder, the GAD-7 also proved to have good sensitivity and specificity as a screener for panic, social anxiety, and post-traumatic stress disorder.

Recognizing signs of mental health disorders is not always easy. The Patient Health Questionnaire (PHQ) is a diagnostic tool for mental health disorders used by health care professionals that is quick and easy for patients to complete. In the mid-1990s, Robert L. Spitzer, MD, Janet B.W. Williams, DSW, and Kurt Kroenke, MD, and colleagues at Columbia University developed the Primary Care Evaluation of Mental Disorders (PRIME-MD), a diagnostic tool containing modules on 12 different mental health disorders. They worked in collaboration with researchers at the Regenstrief Institute at Indiana University and with the support of an educational grant from Pfizer Inc. During the development of PRIME-MD, Drs. Spitzer, Williams and Kroenke, created the PHQ and GAD-7 screeners.

Purpose of evaluation

The purpose of the evaluation is to:

- screen for anxiety disorders: generalized anxiety disorder, panic disorder, social anxiety disorder, and post-traumatic stress disorder,
- assess anxiety severity,
- monitor anxiety severity.

Attribution - Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.

License - The GAD-7 is in the public domain. No permission required to reproduce, translate, display or distribute.

Results of evaluation

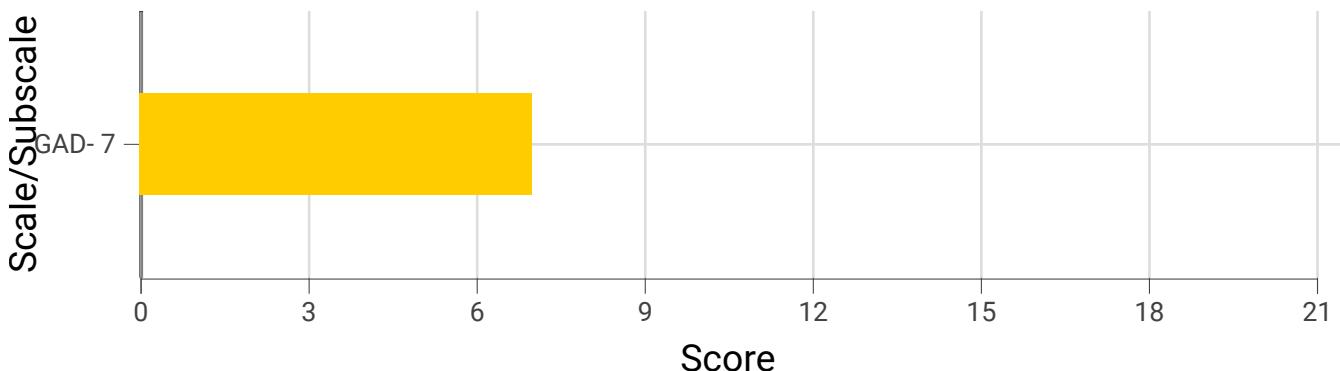
- The summary statistics for the client's responses are tabulated in Table 3.

Table 3

GAD-7 Score	Anxiety Severity
7	Mild

- Graph 1 represents the client's GAD-7 Score.

- None-Minimal
- Mild
- Moderate
- Severe



Graph 1: GAD-7 Score

GAD-7 Scores and Anxiety Severity

Table 4

GAD-7 Score	Anxiety Severity
0 – 4	None-Minimal
5 – 9	Mild
10 – 14	Moderate
15 – 21	Severe

Cutpoint of 10 or greater is considered a "yellow flag" (i.e., drawing attention to a possible clinically significant condition), while a cutpoint of 15 is a "red flag" (i.e., targeting individuals in whom active treatment is probably warranted).

Response sheet / Score sheet

- Graph 2 represents the client's score on individual items.

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

- GAD-7

Item



Graph 2: Item no. v/s Score

Recommendations

- Watchful waiting; repeat GAD-7 at follow-up.

Do-it-yourself (DIY)

Having symptoms of anxiety is different than having an anxiety disorder. These results do not mean that you have anxiety disorder, but it may be time to start a conversation with someone you trust to explore what is going on and how things can get better.

- Talk to someone you trust about your feelings. Most people feel better after talking to someone who cares about them.
- Seek professional help. Your local health-care worker or doctor is a good place to start.
- Remember that with the right help, you can get better.
- Keep up with activities that you used to enjoy when you were well.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly, even if it's just a short walk.
- Stick to regular eating and sleeping habits.
- Accept that you might have anxiety and adjust your expectations. You may not be able to accomplish as much as you do usually.
- Avoid or restrict alcohol intake and refrain from using illicit drugs; they can worsen anxiety.

The content produced here is system-generated and generic in nature. This content is NOT INTENDED to be a substitute for professional medical advice, diagnosis, or treatment, and DOES NOT constitute medical or other professional advice. This report is intended for a qualified Behavioural & Mental Health Professional for use in their evaluation as a potentially useful resource to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis.

Psychoeducation

- Anxiety is an illness characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.
- People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat.
- Anxiety is a very common condition that can happen to anybody.
- The occurrence of anxiety does not mean that the person is weak or lazy.
- Negative attitudes of others (e.g. "You should be stronger", "Pull yourself together") may be because anxiety is not a visible condition, unlike a fracture or a wound. There is also the misconception that people with anxiety can easily control their symptoms by sheer willpower.
- Anxiety is treatable, with talking therapies or medication or a combination of these.

Track progress

