

INDICATION

Assesses severity of anxiety

ADDITIONAL INFORMATION

The last question of the GAD-7 is not scored and therefore has not been included in this calculator

INTERPRETATION

SCORE	ANXIETY DISORDER LEVEL
≤4	No anxiety disorder
5-9	Mild anxiety
10-14	Moderate anxiety
>14	Severe

CALCULATION

Total score = sum of scores for each question

QUESTION	POINTS
Feeling nervous, anxious, or on edge	+0 +1 +2 +3
Not being able to stop or control worrying	+0 +1 +2 +3
Worrying too much about different things	+0 +1 +2 +3
Being so restless that it's hard to sit still	+0 +1 +2 +3
Becoming easily annoyed or irritable	+0 +1 +2 +3
Feeling afraid as if something awful might happen	+0 +1 +2 +3