

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	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Not being able to stop or control worrying	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Worrying too much about different things	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Being so restless that it's hard to sit still	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Becoming easily annoyed or irritable	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Feeling afraid as if something awful might happen	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3