

### **GAD- 7**

<b>Over the last 2 weeks. how often have you been bothered by the following problems?</b>	<b>Not at all 0</b>	<b>Several Days 1</b>	<b>More than half the days 2</b>	<b>Nearly every day 3</b>
<b>1.</b> Feeling nervous, anxious or on edge				
<b>2.</b> Not being able to stop or control worrying				
<b>3.</b> Worrying too much about different things				
<b>4.</b> Trouble relaxing				
<b>5.</b> Being so restless that it is hard to sit still				
<b>6.</b> Becoming easily annoyed or irritable				
<b>7.</b> Feeling afraid as if something awful might happen				

As you see above, the total score on this anxiety screener can range from 0-21. To some extent anxiety symptoms tend to co-occur with depression. However, if your total score is 10 or above, it indicates the possibility of a clinical significant anxiety condition. A score of 15 suggests the probability that active treatment is probably needed targeting at anxiety symptoms. In all such instances, you are advised to consult a mental health professional/contact us for referral related guidance.

Caution: This is merely a quick screening tool and is NOT a substitute for professional consultation or diagnostic clinical interview by a mental health expert

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch intern Med.* 2006; 166:1092- 1097.