

GAD-7 Generalized Anxiety Disorder Self-Assessment

Instructions

Over the last **two weeks**, how often have you been bothered by the following problems?

For each question, select the response that best describes your experience:

- **Not at all** = 0 points
 - **Several days** = 1 point
 - **More than half the days** = 2 points
 - **Nearly every day** = 3 points
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Questions

1. Feeling nervous, anxious, or on edge

- ☐ Not at all (0)
- ☐ Several days (1)
- ☐ More than half the days (2)
- ☐ Nearly every day (3)

2. 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)

3. Worrying too much about different things

- ☐ Not at all (0)
- ☐ Several days (1)
- ☐ More than half the days (2)
- ☐ Nearly every day (3)

4. Trouble relaxing

- ☐ Not at all (0)
- ☐ Several days (1)
- ☐ More than half the days (2)

☐ Nearly every day (3)

5. Being so restless that it is hard to sit still

☐ Not at all (0)

☐ Several days (1)

☐ More than half the days (2)

☐ Nearly every day (3)

6. Becoming easily annoyed or irritable

☐ Not at all (0)

☐ Several days (1)

☐ More than half the days (2)

☐ Nearly every day (3)

7. 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)

Scoring Your Results

Add up your total points: ____ / 21

Score Interpretation

- **0-4 points: Minimal anxiety**

- Your anxiety levels appear to be minimal and within normal range.

- **5-9 points: Mild anxiety**

- You may be experiencing mild anxiety that could benefit from self-care strategies and monitoring.

- **10-14 points: Moderate anxiety**

- You are experiencing moderate anxiety that may benefit from professional support or intervention.

- **15-21 points: Severe anxiety**

- You are experiencing severe anxiety symptoms that warrant professional evaluation and treatment.
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Functional Impact Assessment

If you checked any problems above, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

- ☐ Not difficult at all
 - ☐ Somewhat difficult
 - ☐ Very difficult
 - ☐ Extremely difficult
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Next Steps Based on Your Score

If your score is 8 or higher:

- Consider speaking with a healthcare provider
- The GAD-7 has 92% sensitivity and 76% specificity for diagnosing generalized anxiety disorder when using a cut-off score of 8

Nova Scotia Resources:

- **Tranquility Program:** Free online CBT program for mild to moderate anxiety (GAD-7 scores 5-14)
- **NS Mental Health Crisis Line:** 902-429-8167 or 1-888-429-8167 (toll-free)
- **Anxiety & Trauma Clinic of Nova Scotia:** 902-412-1557

Important Notes:

- This is a screening tool, not a diagnostic instrument
 - Share your results with a healthcare provider for proper evaluation
 - Professional assessment is needed to confirm any anxiety disorder diagnosis
 - The GAD-7 can also screen for panic disorder, social anxiety, and PTSD
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Source: The GAD-7 was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.