# GAD-7 (General Anxiety Disorder-7)

## INPUTS

|  |  |
| --- | --- |
| Feeling nervous, anxious, or on edge | **Options:**   * 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 | **Options:**   * Not at all (0) * Several days (1) * More than half the days (2) * Nearly every day (3) |
| Worrying too much about different things | **Options:**   * Not at all (0) * Several days (1) * More than half the days (2) * Nearly every day (3) |
| Trouble relaxing | **Options:**   * 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 | **Options:**   * Not at all (0) * Several days (1) * More than half the days (2) * Nearly every day (3) |
| Becoming easily annoyed or irritable | **Options:**   * 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 | **Options:**   * Not at all (0) * Several days (1) * More than half the days (2) * Nearly every day (3) |
| Ask the patient: how difficult have these problems made it to do work, take care of things at home, or get along with other people?  *Optional, not included in final score but may help assess global impairment* | **Options:**   * Not at all * Somewhat difficult * Very difficult * Extremely difficult |

## FORMULA

0-21 score, with 0-3 points for each of seven questions.

## FACTS & FIGURES

For all questions, answer with one of the following:

* Not at all = 0
* Several days = +1
* More than half the days = +2
* Nearly every day = +3

The last question of the GAD-7 is a good indicator of patient's global impairment, though not included in the final calculation of points.

## EVIDENCE APPRAISAL

Initially validated in 2149 patients as a diagnostic tool for GAD (cutoff score 10-> sensitivity 89%, specificity 82%, test-retest reliability with ICC=0.83) ([Spitzer RL 2006](https://www.ncbi.nlm.nih.gov/pubmed/16717171)), the GAD-7 was later also found to have reasonable sensitivity and specificity as a screener for panic disorder, social phobia and PTSD (cutoff score 8- sensitivity 77%, specificity 82%; cutoff score 10 - sensitivity 68% and specificity 88% for any anxiety disorder). ([Kroenke K 2007](https://www.ncbi.nlm.nih.gov/pubmed/17339617))