

GAD-7: Generalised Anxiety Disorder Scale

Instructions

This self-assessment is designed to help identify the presence and severity of anxiety.

Read each statement and select an option to indicate how much that statement applied to you over the past two weeks.

		Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something awful might happen	0	1	2	3

Total your scores from all 7 items

Total Score:

Interpretation

- 0-4 → No or minimal anxiety
- 5-9 → Mild anxiety
- 10-14 → Moderate anxiety
- 15+ → Severe anxiety

A cut-off score of 10 correctly identifies 89% of adults with anxiety and 82% without.

Source: <https://pubmed.ncbi.nlm.nih.gov/16717171/>

While these scores may suggest the possibility of anxiety, it's important to note that this is not a definitive diagnosis. Only a qualified healthcare professional can diagnose anxiety after a comprehensive evaluation