

A person is shown from the waist up, sitting in a meditative pose with their eyes closed and hands held in front of them. They are wearing a dark, short-sleeved shirt. The background is a futuristic, brightly lit tunnel with blue and white geometric patterns on the walls and ceiling. The overall tone is calm and focused.

GAD-7 Anxiety Assessment

The GAD-7 is a screening tool for Generalized Anxiety Disorder, developed as part of the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ).

Assessment Questions

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

Problems	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

Assessment Questions (Continued)

Problems	Not at all	Several days	More than half the days	Nearly every day
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

Scoring Instructions

To score the GAD-7, add up the scores for each of the 7 items. Each item is scored 0-3 (Not at all = 0, Several days = 1, More than half the days = 2, Nearly every day = 3).

Column totals ____ + ____ + ____ + ____ = Total score ____

1

2

3

Add All Columns

Sum the scores from each column (Not at all, Several days, More than half the days, Nearly every day). Count how many responses you have in each column and multiply by the column's point value.

Calculate Total

Add all column totals together to get a single score between 0-21. This represents your overall anxiety severity score on the GAD-7 scale.

Interpret Score

Compare your total score to the severity scale: 0-4 (Minimal anxiety), 5-9 (Mild anxiety), 10-14 (Moderate anxiety), 15-21 (Severe anxiety).

For an accurate clinical diagnosis, this self-assessment should be reviewed by a qualified healthcare professional, as various factors can influence results.

Impact Assessment

If you checked any problems, 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

☐

Interpreting GAD-7 Scores

0–4: minimal anxiety

Little to no symptoms of anxiety present

5–9: mild anxiety

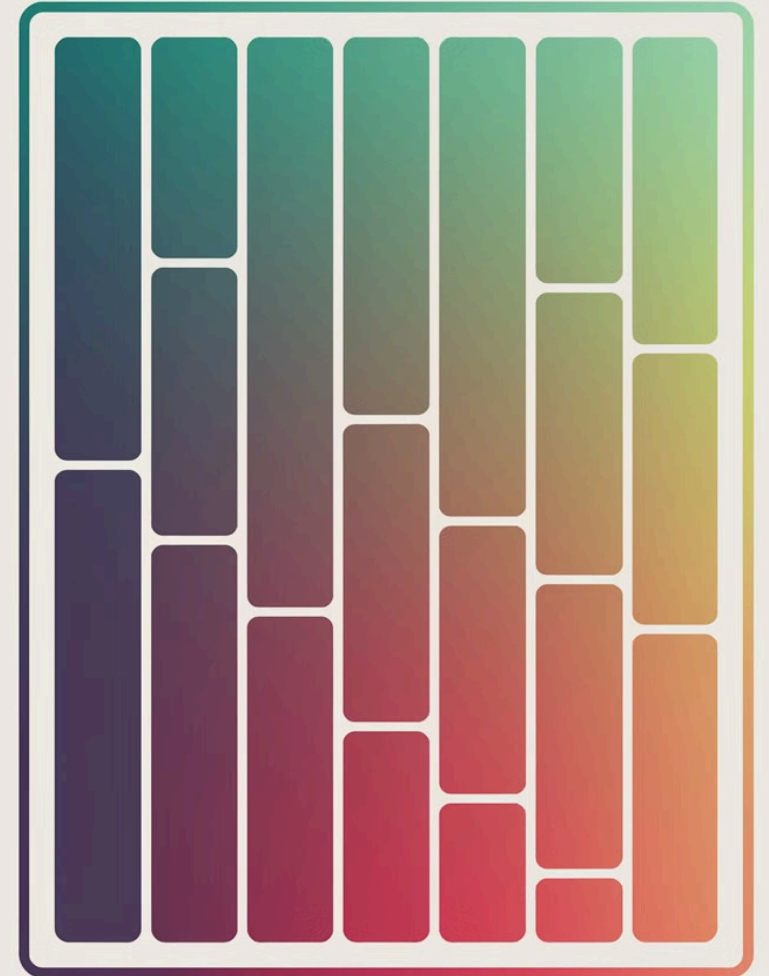
Some symptoms of anxiety that may benefit from monitoring

10–14: moderate anxiety

Significant symptoms that may require intervention

15–21: severe anxiety

Serious symptoms requiring immediate attention



Recommendations based on score range

0-4: Minimal Anxiety

Your symptoms indicate minimal levels of anxiety. At this level, formal treatment may not be necessary, but practicing good self-care is still beneficial:

- Maintain regular physical activity and healthy sleep patterns
- Practice stress management techniques like deep breathing or mindfulness
- Continue routine health check-ups
- Monitor your symptoms periodically using the GAD-7

5-9: Mild Anxiety

Your score suggests mild anxiety. While not severe, these symptoms deserve attention:

- Consider discussing your symptoms with your primary care provider
- Incorporate regular relaxation techniques into your routine
- Examine potential stressors in your life and develop coping strategies
- Consider self-help resources like books or apps focused on anxiety management
- Re-assess your symptoms in 2-4 weeks to monitor any changes

10-14: Moderate Anxiety

Your symptoms indicate moderate anxiety. At this level, professional intervention is recommended:

- Schedule an appointment with your healthcare provider to discuss treatment options
- Consider counseling or therapy, particularly cognitive-behavioral therapy (CBT)
- Learn and practice specific anxiety-reduction techniques daily
- Evaluate lifestyle factors that may be exacerbating anxiety (caffeine, alcohol, sleep deprivation)
- Connect with support groups or loved ones who can provide emotional support

15-21: Severe Anxiety

Your score indicates severe anxiety symptoms that require prompt attention:

- Seek professional help as soon as possible - contact your healthcare provider or a mental health specialist
- Consider comprehensive treatment that may include therapy and medication evaluation
- Prioritize self-care basics: sleep, nutrition, and reduction of stressors
- Avoid self-medication with alcohol or other substances
- If experiencing thoughts of self-harm, call a crisis hotline or go to your local emergency department

Remember that the GAD-7 is a screening tool, not a diagnostic instrument. Only a qualified healthcare professional can provide a proper diagnosis and personalized treatment plan based on your complete clinical picture.

Follow-up assessments are recommended to track your progress over time, regardless of your initial score. Treatment effectiveness should be evaluated regularly, and approaches may need adjustment based on your response.

References & Additional Resources

The information provided in this assessment is based on validated clinical research and established medical guidelines. Below are the primary sources used in developing this content:

- Spitzer RL, Kroenke K, Williams JBW, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. **Archives of Internal Medicine**. 2006;166(10):1092-1097.
- National Institute for Health and Care Excellence (NICE). **Generalised anxiety disorder and panic disorder in adults: management**. Clinical guideline [CG113]. 2011 (Updated 2019).
- American Psychiatric Association. **Diagnostic and Statistical Manual of Mental Disorders (DSM-5)**, Fifth edition. 2013.
- Williams N. The GAD-7 questionnaire. **Occupational Medicine**. 2014;64(3):224.
- Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. **Annals of Internal Medicine**. 2007;146(5):317-325.

For clinical use, always refer to the most recent guidelines from professional organizations such as the American Psychological Association or the World Health Organization. These materials are intended for informational purposes and should not replace professional medical advice, diagnosis, or treatment.