

GAD-7 ANXIETY

Over the last 2 weeks, how often have you
Been bothered by the following problems?
everyday

	Not At all	Several days	More than half the days	Nearly
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

Column totals: _____ + _____ + _____ + _____
= Total Score _____

If you checked off any problems, how difficult have these problems 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>