

GAD-7 Screening Questions^{1,2}

During the last 2 weeks, how often have you been bothered by the following problems?

Problem	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 each column:				
Total score (Add columns 2,3,4):				

– Adapted from Spitzer et al¹

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

Calculate the patient's anxiety severity by assigning scores of 0, 1, 2 and 3 to the response categories of "not at all," "several days," "more than half the days," and "nearly every day," respectively.

The total score for the seven items ranges from 0 to 21. A score of 5-9 indicates mild anxiety, 10-14 indicates moderate anxiety, and 15-21 indicates severe anxiety.

Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for GAD (General Anxiety Disorder). It is moderately good at screening three other common anxiety disorders: panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%), and post-traumatic stress disorder (sensitivity 66%, specificity 81%). When screening for individual or any anxiety disorder, a recommended cut point for further evaluation is a score of 10 or greater.

References: 1. Spitzer RL et al. A brief measure for assessing generalized anxiety disorder. The GAD-7. *Arch Intern Med* 2006;166:1092-7. 2. Kroenke K et al. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. *Ann Intern Med* 2007;146(5):317-25.