

GAD-7



Adult Focused



Item Count: 7 items



Completion Time: 4 min



Self-Report

General Info

The GAD-7 assesses the presence and severity of anxiety symptoms. This is a screening measure that asks individuals to describe these concerns in the past 2 weeks.

The descriptive classifications are provided as a guideline. These results are not clinical diagnoses. Please see the provided resources for more information about the measure development.

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Generalized Anxiety Disorder-7

Item scores are calculated using the following response guide. A total score is created by adding each individual participant response score.

- | | |
|---|-------------------------|
| 0 | Not at all |
| 1 | Several days |
| 2 | More than half the days |
| 3 | Nearly every day |

Total scores are calculated from summing scores from each item. These total scores can indicate depressive symptom severity.

Description	Score
Minimal anxiety	0-4
Mild anxiety	5-9
Moderate anxiety	10-14
Severe anxiety	15-21

For More Information

- Williams, N. (2014). The GAD-7 questionnaire. *Occupational Medicine*, 64(3), 224-224.

Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of Internal Medicine*, 166(10), 1092-1097.