



Counseling and
Consulting, LLC®

Cynthia Good Mojab

MS, LMHCA, IBCLC, RLC, CATSM
Clinical Counselor

International Board Certified Lactation Consultant
www.lifecirclecc.com • 425-320-4710

Generalized Anxiety Disorder 7-item (GAD-7) Scale

The Generalized Anxiety Disorder 7-item Scale is an evidence-based tool developed to screen for generalized anxiety.¹ It has also been validated for screening for panic disorder, social anxiety disorder, and post-traumatic stress disorder.² And, it has been validated for use during pregnancy and postpartum.³ It yields a single score which indicates the possibility of an anxiety disorder.

The GAD-7 consists of 7 questions, as well as one question inquiring about the magnitude of the difficulty created by any symptoms. The test can usually be completed in less than 5 minutes. Responses are scored 0, 1, 2, or 3 according to increased frequency of symptoms. The total score, ranging from 0 to 21, is determined by adding together the scores for each of the 7 items.

The recommended cut-off score for screening for generalized anxiety, panic disorder, social anxiety disorder, and post-traumatic stress disorder, whether during pregnancy or postpartum or in the general population, is 10 or greater.² Even if an individual scores less than 10, if the screener suspects the client is experiencing an anxiety disorder of any kind, an appropriate referral should be made. The GAD-7 is only a screening tool. It does not diagnose anxiety. It only suggests the possibility of an anxiety disorder and the need for evaluation by an appropriately licensed health care provider or mental health care provider.

The GAD-7 is in the public domain. No permission is required from its creators to reproduce, translate, display, distribute, or use the scale.

Instructions for Users

1. Clients are asked to circle 1 of 4 possible responses for each of the 7 items that describes how often they have been bothered by various symptoms during the last 2 weeks.
2. All 7 items must be completed.

¹ Spitzer, R., Kroenke, K., Williams, J., and Löwe, B. A brief measure for assessing generalized anxiety disorder: The GAD-7. *Arch Intern Med* 2006; 166: 1092-1097.

² Kroenke, K., Spitzer, R., Williams, J., and Löwe, B. The Patient Health Questionnaire Somatic, Anxiety, and Depressive Symptom Scales: A systematic review. *Gen Hosp Psychiatry* 2010;32(4): 345-59.

³ Simpson, W., Glazer, M., Michalski, N., Steiner, M., and Frey, B. Comparative efficacy of the generalized anxiety disorder 7-item scale and the Edinburgh Postnatal Depression Scale as screening tools for generalized anxiety disorder in pregnancy and the postpartum period. *Can J Psychiatry* 2014;59(8): 434-40.

Name: _____ Date: _____

Address: _____

Week of pregnancy: _____ OR Baby's age: _____

GAD-7

Over the last 2 weeks, how often have you been bothered by the following 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
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 Score = _____ = Add Columns = 0 + _____ + _____ + _____

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