

Anxiety Severity Measure for Adults:

Adapted from the Patient Health Questionnaire (GAD-7) for Evaluation and Research

Name: _____ Age: _____ Sex: Male Female Date: _____

Instructions: Over the **last 2 weeks** how often have you been bothered by any of the following problems? (Use "✓" to indicate your answer)

						<i>Clinician Use</i>
		<i>Not At All</i>	<i>Several Days</i>	<i>More Than Half the Days</i>	<i>Nearly Every Day</i>	<i>Item Score</i>
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	
Raw Scores:						
						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?

- | | | | |
|-----------------------------|---------------------------|--------------------------|----------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not Difficult At All | Somewhat Difficult | Very Difficult | Extremely Difficult |

Purpose:

This is a self-rated 7-item measure that quickly screens the severity of anxiety symptomatology in adults over age 18. It may be indicative of GAD, panic disorder, social anxiety disorder, or post-traumatic stress disorder. The measure is completed by the client prior to the first visit with a psychologist. Each item asks the client to rate the severity of symptoms within the last 2 weeks. This measure may be used to track changes in symptomatology over time. Consistently high scores on a particular domain may indicate significant and problematic areas for the client that may warrant further assessment, treatment, and follow-up, based on clinical judgment.

Scoring and Interpretation:

Each item on the measure is rated on a 4-point likert scale. The total score can range from 0 – 21, with higher scores indicating greater severity. The clinician is asked to review the score of each item on the measure during the clinical interview and indicate the raw score for each item in the section provided. The raw scores on the 7 items should be summed to obtain a total raw score and should be interpreted using the Scoring Table for the GAD-7.

Scoring Table for the GAD-7

Anxiety Symptomatology Severity	GAD-7 Score
None	0-4
Mild Anxiety	5-9
Moderate Anxiety	10-14
Severe Anxiety	15-21