
GAD-7 Score Sheet

The GAD-7 was developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute (Chapter 6).

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

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

#	Problem	1st	2nd	3rd
1	Feeling nervous, anxious or on edge			
2	Not being able to stop or control worrying			
3	Worrying too much about different things			
4	Trouble relaxing			
5	Being so restless that it is hard to sit still			
6	Becoming easily annoyed or irritable			
7	Feeling afraid as if something awful might happen			
Total score (0–21)				
Date				

Cut-points in the original study: 5, 10 and 15 correspond to mild, moderate and severe anxiety. **10 or more**, or anxiety that’s getting in the way of your life: take this sheet to a doctor, and ask about your thyroid. The GAD-7 is a screening tool, not a diagnosis.