Generalized Anxiety Disorder scale  
(GAD-2, GAD-7)

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

GAD-2 = questions 1, 2

If either question is scored ≥ 1, proceed to GAD-7: all 7 questions

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | Several days | Over half the days | Nearly every day |
| 1. Feeling nervous, anxious, or on edge | 0 | 1 | 2 | 3 |
| 1. Not being able to stop or control worrying | 0 | 1 | 2 | 3 |
| 1. Worrying too much about different things | 0 | 1 | 2 | 3 |
| 1. Having trouble relaxing | 0 | 1 | 2 | 3 |
| 1. Being so restless that it’s hard to sit still | 0 | 1 | 2 | 3 |
| 1. Becoming easily annoyed or irritable | 0 | 1 | 2 | 3 |
| 1. Feeling afraid as if something awful might happen | 0 | 1 | 2 | 3 |
| Add the score for each column |  |  |  |  |
| Total Score (add your column scores): | |  | | |

If you checked off any problems, how difficult have these 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

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Inern Med.* 2006;166:1092-1097.