

GAD-7 questionnaire

Patients rate answers (0 = not at all, 1 = several days, 2 = more than half the days, 3 = nearly every day) to the following questions:

How often in the past two weeks have you been bothered by:

- 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?

Scores of 5, 10 and 15 are taken as the cut-off points for mild, moderate and severe anxiety respectively. When used as a screening tool, the recommended threshold score is ≥ 10 .