



Self-Assessment for Anxiety (GAD-7)

This tool is intended to help you begin to explore whether the feelings, thoughts or behaviors you may be experiencing could be anxiety. It is not intended to take the place of a professional evaluation or to serve as a diagnosis.

This is the GAD-7 screening tool. It can help you find out if you might have an anxiety disorder that needs treatment. It calculates how many common symptoms you have, and based on your answers, suggests where you might be on a scale, from mild to severe anxiety.

GAD-7 stands for "generalized anxiety disorder" and the 7 questions in the tool. Choose one answer for each of the 7 questions below:

Select the best answer for each of the questions below

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

1. Feeling nervous, anxious or on edge
 - Not at all
 - Several days
 - More than half the days
 - Nearly every day
2. Not being able to stop or control worrying
 - Not at all
 - Several days
 - More than half the days
 - Nearly every day
3. Worrying too much about different things
 - Not at all
 - Several days
 - More than half the days

- Nearly every day**
- 4. Trouble relaxing**
 - Not at all**
 - Several days**
 - More than half the days**
 - Nearly every day**
- 5. Being so restless that it's hard to sit still**
 - Not at all**
 - Several days**
 - More than half the days**
 - Nearly every day**
- 6. Becoming easily annoyed and irritable**
 - Not at all**
 - Several days**
 - More than half the days**
 - Nearly every day**
- 7. Feeling afraid as if something awful might happen**
 - Not at all**
 - Several days**
 - More than half the days**
 - Nearly every day**

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. Archives of internal medicine, 166(10), 1092-1097.



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Your score is: _____

What does my score mean?

1-9 points= Low to mild anxiety severity range

Your score falls into the low to mild range, which means you're doing quite well. You can find some useful tips to maintaining your mental health under the "I want to stay mentally healthy" section of the Toolkit.

10-14 points= Medium anxiety severity range

Your score falls into the moderate range, which means you may be experiencing moderate anxiety. We recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your anxiety symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

15-21 points= High anxiety severity range

Your score falls into the high range, which means you may be experiencing

anxiety. We strongly recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your anxiety symptoms.

[For more information or to receive support:](#)

- **JEM Wellness & Counseling**
- **www.jemwellnesscenter.com**
- **(832) 560-9698 (call / text)**
- **contact@jemwellnesscenter.com (email)**

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