

Patient's Full Name

Date of Birth

NHS Number

Generalised Anxiety Disorder Assessment (GAD 7)

This easy to use self-administered patient questionnaire is used as a screening tool and severity measure for generalised anxiety disorder.

In the past 2 weeks how often have you been bothered by any of the following problems:

1. Feeling nervous, anxious or on edge?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
2. Not being able to stop or control worrying?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
3. Worrying too much about different things?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
4. Trouble relaxing?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
5. Being so restless that it is hard to sit still?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
6. Becoming easily annoyed or irritable?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
7. Feeling afraid as if something awful might happen?
<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly every day
Total = /21

The GAD-7 score is calculated by assigning scores of 0,1,2 and 3 to the response categories of "not at all," "several days," "more than half the days," " and nearly every day," respectively, and adding together the scores for the seven questions. Scores of 5, 10 and 15 are taken as the cut off points for mild, moderate and severe anxiety, respectively.

Assessor Name Signature	Date Time	Designation
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