

## Anxiety Self-Check Tool

The **Generalized Anxiety Disorder Scale (GAD-7)** is a short questionnaire that can help you reflect on whether your feelings or behaviors may be signs of anxiety. It is not a diagnosis. After completing the questionnaire, consider sharing your results with your doctor or health care provider.

### Instructions

1. Read the statements listed below and circle the number that best describes your experience for each question. Then add up the scores for each column.

<b>Over the last two weeks, how often have you been bothered by any of the problems below?</b>	<b>Not at all</b>	<b>Several Days</b>	<b>More than Half the days</b>	<b>Nearly every day</b>
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that it's hard to sit still	0	1	2	3
Becoming easily annoyed or irritated	0	1	2	3
Feeling afraid as if something awful might happen	0	1	2	3
<b>Add up your score in each column:</b>				

2. Next, add up the scores from all four columns to get your GAD-7 score. **Write it here:**

3. If you chose a score of 1, 2, or 3 for any of the statements, how difficult have these feelings 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

## What does your score mean?

### **1–9 points: Low anxiety severity range**

Your score is in the low range, which suggests you're doing well overall. Continue to practice healthy habits and manage your stress. You can retake this assessment if you feel things changing.

### **10–14 points: Medium anxiety severity range**

Your score is in the moderate range, which may mean you're experiencing mild anxiety. Consider seeing a doctor or mental health provider for a professional assessment. Getting help early can often reduce the intensity and duration of symptoms.

### **15–21: High anxiety severity range**

Your score is in the high range, which may mean you're experiencing anxiety. It is strongly recommended that you reach out to a doctor or mental health provider for a professional assessment. Support can make a big difference in how you feel and recover.

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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