

Generalized Anxiety Disorder Test - GAD7 Screen

Over the last 2 weeks, how often have you been bothered by the following problems for at least half the day?	Not At All (0)	Several Days (1)	Over Half the Days (2)	Nearly Every Day (3)
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's hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				

Your Score:

If your total score is 10 or more, you may meet the criteria for generalized anxiety disorder. No test is completely accurate. You should always consult your physician when making decisions about your health.

References

- Spitzer, R. L., Kroenke, K., Williams, J. B., & Lowe, B., A brief measure for assessing generalized anxiety disorder: the GAD-7. *Arch Intern Med*, 2006. 166(10): p. 1092-7.
- Beidas, R. S., Stewart, R. E., Walsh, L., Lucas, S., et al., Free, brief, and validated: Standardized instruments for low-resource mental health settings. *Cogn Behav Pract*, 2015. 22(1): p. 5-19. PMC4310476.

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Reference: "I Want to Change My Life" by Dr. S. Melemis. www.IWantToChangeMyLife.org