

The GAD-7 Anxiety Scale

Please answer each of the seven questions with one of four responses:

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Overall, how difficult have these problems 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 ____

Score	Severity
10	Mild Depression
11-14	Moderate Depression
15-19	Moderate to Severe Depression
20	Severe Depression

If you need help with your score, contact AUM Consultancy - <https://aumconsultancy.co.uk/>