



## GAD-7: Generalized Anxiety Disorder Treatment Recommendations

The GAD is a screening tool that provides an index of anxiety severity. Listed below is information on how to interpret GAD-7 scores, as well as corresponding recommended treatments based on the National Institute for Health and Care Excellence (NICE) guidelines. The GAD-7 is not a diagnostic tool, and recommended treatments should be considered guidelines to aid clinician's treatment recommendations. When making treatment recommendations it is important to take into consideration the client's current level of functioning, previous history of anxiety disorders, and the client's preference for treatment.

GAD Score	Level of Impairment	NICE Guidelines for Intervention
<15	None-Minimal	<p><b>Education and Watchful Waiting:</b> Provide information on anxiety symptoms, and monitor symptoms to see if they spontaneously remit.</p> <p>If remission does not occur, refer the patient to <b>Guided Self-Help</b>. At this level of care patients are provided with readings based on the principles of CBT. Additionally the patient has 3-4 sessions (in person or by phone) to check in with a clinician. The consultant supports the patient with the self-help materials, and monitors them for improvement. <b>If symptoms persist</b> patients are referred to next level of care.</p>
≥15	Marked	<p><b>Psychotherapy:</b> Patients meet with a therapist to undergo empirically supported treatments for depression (CBT, applied muscle relaxation) <i>OR</i> consider <b>Medication</b>.</p> <p><b>If the patient does not respond</b> (or only has a partial response) to psychotherapy or medication, consider combining treatments.</p>

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