



Do you think you might be overly ANXIOUS?

GAD-7				
Over the last 2 weeks, how often have you been bothered by the following problems? (Circle your answer)	Not at all	Several days	More than 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 is 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

Add up all the numbers you've circled above to get your result.

My Result is: _____

People with a result of 5 or more often find that they benefit from getting support with the difficulties listed above. If you are interested in learning more, speak to your doctor about your results on this questionnaire to learn about the types of help that are available.

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