

GAD-7

Over the LAST 2 WEEKS, how often have you been bothered by the following problems?

1. Feeling nervous, anxious, or on edge

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

2. Not being able to stop or control the worrying

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

3. Worrying too much about different things

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

4. Trouble relaxing

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

5. Being so restless that it is hard to sit still

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

6. Becoming easily annoyed or irritable

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

7. Feeling afraid as if something awful might happen

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day