

Anxiety assessment

Find out if you or someone you care about may be experiencing generalized anxiety disorder (GAD). Choose the answer that most closely matches how you've been feeling lately or that describes your loved one. Be honest – there are no right or wrong answers, and nobody else will see the results.

Over the past 2 weeks, how often have you been bothered by the following?

Use ✓ for 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

For office coding 0 + + +

Total score:

The result above is your cumulative score on the Generalized Anxiety Disorder Assessment (GAD-7). This assessment is an indicator of your current level of anxiety. It is not an official diagnosis. If you are feeling overwhelmed by anxiety, speak with a health professional. Remember that anxiety can be successfully treated.

What your score means

Score of 0–4: No or minimal anxiety

Your results show that you have no, or few, signs of anxiety.

Score of 5–9: Mild anxiety

Your results show that you have symptoms of mild anxiety. You might want to chat with a health professional about what you're experiencing.

Score of 10–14: Moderate anxiety

You are definitely experiencing some anxiety. Consider connecting with a health professional.

Score of 15–21: Moderately severe to severe anxiety

Your results show that your anxiety is severe enough that it's probably affecting your life significantly. Contact a health professional who can offer treatment.

Next steps

- Write down your score, then retake this assessment in a week or so to see how your anxiety levels change
- Contact a health professional to discuss treatment options
- Make an appointment with your provider to get a formal diagnosis and develop a treatment plan

The deaf and hard of hearing can contact the Lifeline via **TTY** at **1-800-799-4889**. The Crisis Text Line is another resource available 24 hours a day, 7 days a week. Text "connect" to **741741**.

Source:

Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med*. 2006;166:1092-1097.

This health assessment is designed for your personal use. It allows you to privately measure your perceived levels of well-being. This tool does not replace tests performed by qualified health professionals, but it can help you identify concerns you may wish to address with a mental health specialist. If you are suffering with a mental health condition, please reach out to the appropriate professional.

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