

# Generalized Anxiety Disorder-2 (GAD-2)

Category: Anxiety | Items: 2 | Time: ~1-2 min

## Description / When to Use

Ultra-brief anxiety screening based on first two GAD-7 items.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 2 items in this scale. Estimated completion time: 1-2 min.

## Scale Items

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying

## Scoring Guide

Score according to instrument-specific rules. See original publication.

## Cutoff Interpretation

| Score Range | Severity         | Recommended Action |
|-------------|------------------|--------------------|
| 0-2         | Minimal          | None               |
| 3-6         | Possible anxiety | Administer GAD-7   |

## Psychometric Properties

See original validation study for reliability and validity data.

## License

Free to use with citation.

Attribution: Free to use with citation

## Citation (APA Format)

Kroenke, K., Spitzer, R. L., Williams, J. B., Monahan, P. O., & Lowe, B. (2007). Anxiety disorders in primary care. *Medical Care*, 45(9), 893-897.

DOI: 10.1097/MLR.0b013e318045a49c

URL: <https://pubmed.ncbi.nlm.nih.gov/17198021/>

*Disclaimer: Sum items 1-2 scored 0-3. Total range 0-6. Score  $\geq$  3 suggests further evaluation.*