

Generalized Anxiety Disorder 7-item (GAD-7)

Category: Psychiatry, Primary care | Items: 7 | Time: ~2-3 min

Description / When to Use

Severity of generalized anxiety

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 7 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it's hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen

Response Options

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

Scoring Guide

Sum all 7 items. Total range 0-21.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-4	Minimal / none	No anxiety suggested.
5-9	Mild	Mild anxiety.
10-14	Moderate	Further evaluation recommended.
15-21	Severe	Active treatment likely indicated.

Psychometric Properties

See original validation study for reliability and validity data.

License

Free to use — public domain or open access.

Citation (APA Format)

Spitzer RL et al. Arch Intern Med. 2006;166(10):1092-1097.
DOI: 10.1001/archinte.166.10.1092
URL: <https://pubmed.ncbi.nlm.nih.gov/16717171/>

Disclaimer: Screening tool, not a diagnostic instrument. Educational use only.