

## APPENDIX A

### Generalized Anxiety Disorder Assessment (GAD-7)

#### Overview:

| <b>Description:</b>                   | The Generalized Anxiety Disorder Scale (GAD-7) is a 7-item self-administered tool for screening and severity measure for generalized anxiety disorder.   |             |                |       |  |       |              |         |                  |      |                |
|---------------------------------------|--|-------------|----------------|-------|--|-------|--------------|---------|------------------|------|----------------|
| <b>Reference and Terms of Use:</b>    | <p><b>Reference:</b> Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.</p> <p><b>Terms of Use:</b> No permission required to reproduce, translate, display or distribute.</p>   |             |                |       |  |       |              |         |                  |      |                |
| <b>Guidelines for use within OSP:</b> | Administer with client at assessment and at EVERY treatment session.   |             |                |       |  |       |              |         |                  |      |                |
| <b>Scoring Instructions:</b>          | <p>Add the values for each column, and then add the sum for each column to get the total score.</p> <p><b>Guide for Interpreting GAD-7 Scores:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="text-align: center;">Total Score</th> <th style="text-align: center;">Interpretation</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">0 - 4</td> <td>Normal range or full remission. The score suggests the patient may not need anxiety treatment.</td> </tr> <tr> <td style="text-align: center;">5 - 9</td> <td>Mild Anxiety</td> </tr> <tr> <td style="text-align: center;">10 - 14</td> <td>Moderate Anxiety</td> </tr> <tr> <td style="text-align: center;">15 +</td> <td>Severe Anxiety</td> </tr> </tbody> </table> | Total Score | Interpretation | 0 - 4 | Normal range or full remission. The score suggests the patient may not need anxiety treatment. | 5 - 9 | Mild Anxiety | 10 - 14 | Moderate Anxiety | 15 + | Severe Anxiety |
| Total Score                           | Interpretation   |             |                |       |  |       |              |         |                  |      |                |
| 0 - 4                                 | Normal range or full remission. The score suggests the patient may not need anxiety treatment.   |             |                |       |  |       |              |         |                  |      |                |
| 5 - 9                                 | Mild Anxiety   |             |                |       |  |       |              |         |                  |      |                |
| 10 - 14                               | Moderate Anxiety   |             |                |       |  |       |              |         |                  |      |                |
| 15 +                                  | Severe Anxiety   |             |                |       |  |       |              |         |                  |      |                |

*Questionnaire on subsequent page*

# APPENDIX A

## Generalized Anxiety Disorder Assessment (GAD-7)

Reference: Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.

### Questionnaire:

Over the last two weeks how often have you been bothered by any of the following problems?

|  | Not at all<br>(0)        | Several<br>days (1)      | More than<br>half the<br>days (2) | Nearly<br>every day<br>(3) |
|--|--------------------------|--------------------------|-----------------------------------|----------------------------|
| a. Feeling nervous, anxious or on edge               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |
| b. Not being able to stop or control worrying        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |
| c. Worrying too much about different things          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |
| d. Trouble relaxing                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |
| e. Being so restless that is hard to sit still.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |
| f. Becoming easily annoyed or irritable              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |
| g. Feeling afraid as if something awful might happen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>          | <input type="checkbox"/>   |

Add the values for each column, and then add the sum for each column to get the total score.

**TOTAL SCORE:** \_\_\_\_\_