

## 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
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*Questionnaire on subsequent page*

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### Questionnaire:

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

	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (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:** \_\_\_\_\_