**GAD-7**

Date

Over the last 2 weeks, on how many days have you been bothered by any of the following problems?

 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 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

A12 – GAD-7 Total Score

Scores represent: 0-5 mild 6-10 moderate 11-15 moderately severe anxiety 15-21 severe anxiety.