GAD-7 Anxiety

| Over the last two weeks, how often have you been bothered by 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 that 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  |

 Column totals \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =

 *Total score* **\_\_\_\_\_\_\_**