

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ris8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

General Anxiety Disorder (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 days	Nearly every day	
Feeling nervous, anxious, or on edge	0	1	2	3	
Not being able to stop or control worrying	0	1	2	3	
Worrying too much about different things	0	1	2	3	
Trouble relaxing	0	1	2	3	
Being so restless that it is hard to sit still	0	1	2	3	
Becoming easily annoyed or irritable	0	1	2	3	
Feeling afraid, as if something awful might happen	0	1	2	3	
Column totals	+	+
Total score				

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.”

GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

