# GAD-7 Anxiety

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| --- | --- | --- | --- | --- |
| **Over the last 2 weeks, how often have you been bothered by the following problems?***(Use “*✔*” to indicate your answer”* | 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***

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

|  |  |  |  |
| --- | --- | --- | --- |
| **Not difficult at all** | **Somewhat difficult** | **Very difficult** | **Extremely difficult** |

**PHQ-9 Depression**

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| --- | --- | --- | --- | --- |
| **Over the last 2 weeks, how often have you****been bothered by any of the following problems?***(Use “*✔*” to indicate your answer”* | **Not at all** | **Several days** | **More than half the days** | **Nearly every day** |
| 1. Little interest or pleasure in doing things.......……… | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless.………..…… | 0 | 1 | 2 | 3 |
| 3. Trouble falling or staying asleep, or sleeping too much..................................................………..…….. | 0 | 1 | 2 | 3 |
| 4. Feeling tired or having little energy......……...……… | 0 | 1 | 2 | 3 |
| 5. Poor appetite or overeating.......................……….… | 0 | 1 | 2 | 3 |
| 6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down………………….. | 0 | 1 | 2 | 3 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television.……………………….. | 0 | 1 | 2 | 3 |
| 8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving .around a lot more than usual..............……………………………………………….. | 0 | 1 | 2 | 3 |
| 9. Thoughts that you would be better off dead or of hurting yourself in some way......…………………………………… | 0 | 1 | 2 | 3 |

Column totals + + +

***= Total Score***