

Generalised Anxiety Disorder Screener (GAD-7)

Over the last 2 weeks, how often have you been bothered with any of the following problems?

		<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
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 irritated.	0	1	2	3
7.	Feeling afraid as if something awful might happen.	0	1	2	3
	TOTAL				

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, ore get along with other people?

Not difficult at all <input type="checkbox"/>	Somewhat difficult <input type="checkbox"/>	Very difficult <input type="checkbox"/>	Extremely difficult <input type="checkbox"/>
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When did the symptoms begin? _____

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Score	Description
1-5	Mild anxiety
6-10	Moderate anxiety
11-14	Moderately-severe anxiety
15+	Severe anxiety

Please contact PeopleSense (08) 9388 9000

A Healthcare Professional will be able to score and interpret your results with you.