

Anxiety Assessment

Below are seven statements. Using the 0-3 scale below, indicate how often you have been bothered by the following problems. Please be open and honest in your responding.

0 = Not at all sure

1 = Several days

2 = Over half the days

3 = Nearly every day

1. Feeling nervous, anxious or on edge. _____

2. Not being able to stop or control worrying. _____

3. Worrying too much about different things. _____

4. Trouble relaxing. _____

5. Being so restless that it's hard to sit still. _____

6. Becoming easily annoyed or irritable. _____

7. Feeling afraid as the something awful might happen. _____

Total score: _____

Scores:

0-5 Mild Anxiety

6-10 Moderate Anxiety

11+ Severe Anxiety

Reference: Arch Intern Med. 2006 May 22;166(10):1092-7. GAD-7 © Pfizer Inc.

“People with generalized anxiety disorder go through the day filled with exaggerated worry and tension, even though there is little or nothing to provoke it. They anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work. Sometimes just the thought of getting through the day produces anxiety.” National Institute of Mental Health