

GAD-7 Anxiety

For a Guide to my approach and advice for treating anxiety please see the link below

<https://www.ponderingelephants.com/wp-content/uploads/2019/04/Pondering-Elephants-Anxiety-Effective-Therapy-My-Approach.pdf>

| Over the last 2 weeks, how often have you been bothered by the following problems? <i>(Use "✓" to indicate your answer"</i> | 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

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

More than

(Use “✓” to indicate your answer”

| | Not all | at days | Several days | half the 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** _____

From the 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 rls8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

Scoring notes.

- **PHQ-9 Depression Severity**

Scores represent: **0-5 = mild 6-10 = moderate 11-15 = moderately severe 16-20 = severe depression**

- **GAD-7 Anxiety Severity.**

This is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of “not at all,” “several days,” “more than half the days,” and “nearly every day,” respectively. GAD-7 total score for the seven items ranges from 0 to 21.

Scores represent: **0-5 mild 6-10 moderate 11-15 moderately severe anxiety 15-21 severe anxiety.**