General Anxiety Disorder Assessment (GAD-7)

Name	Date
Cherry Cooley	March 7, 2023

Over the last two weeks, how often have you experienced these symptoms?	Not at all	Several days	More than half the 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

Score	Risk level
0-4	Minimal anxiety
5-9	Mild anxiety
10-14	Moderate anxiety
15-21	Severe anxiety

Add the score for each column: 3 + 6 + 0

Total score: 9

If you checked any problems, how difficult have they 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

Notes

Cherry has mild anxiety, it's best to practice breathing exercise when feeling anxious.

Source: Drs. Robert L. Spitzer, Janet BW Williams, Kurt Kroenke, and colleagues