

General Anxiety Disorder 7-item (GAD7) scale

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

1. Feeling nervous, anxious, or on edge

Not at all sure Several days Over half the days Nearly every day

2. Not being able to stop or control worrying

Not at all sure Several days Over half the days Nearly every day

3. Worrying too much about different things

Not at all sure Several days Over half the days Nearly every day

4. Trouble relaxing

Not at all sure Several days Over half the days Nearly every day

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

Not at all sure Several days Over half the days Nearly every day

6. Becoming easily annoyed or irritable

Not at all sure Several days Over half the days Nearly every day

7. Feeling afraid as if something awful might happen

Not at all sure Several days Over half the days Nearly every day

8. If you selected any problems, how difficult have these 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