

Anxiety Screen

Get informed.

Get screened.

Get help.



Over the last 2 weeks , how often have you been bothered by any of the following problems? Please note, all fields are required.	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 sleep 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

0 + _____ + _____ + _____

= Total Score: _____

Anxiety Screening Results

Get informed.

Get screened.

Get help.



GAD-7 Score	Anxiety Severity	
0-4	Minimal anxiety	Your results indicate that you have none or very few symptoms of anxiety.
5-9	Mild anxiety	Your results indicate that you may be experiencing some symptoms of mild anxiety. While your symptoms are not likely having a major impact on your life, it is important to monitor them.
10-14	Moderate anxiety	Your results indicate that you may be experiencing symptoms of moderate anxiety. Based on your answers, living with these symptoms could be causing difficulty managing relationships and even the tasks of everyday life.
15-19	Severe anxiety	Your results indicate that you may be experiencing symptoms of severe anxiety. Based on your answers, these symptoms seem to be greatly interfering with your relationships and the tasks of everyday life.

These results do not mean that you have anxiety, but it may be time to start a conversation with your doctor. Finding the right treatment plan and working with your doctor or healthcare provider can help you feel more like you again.

Anxiety symptoms are often accompanied by symptoms of depression. We recommend you also take the screen for depression.

This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult. Having symptoms of anxiety is different than having an anxiety disorder. In addition, symptoms of anxiety can be caused by other mental health conditions, or other health problems, like a thyroid disorder. Only a trained professional, such as a doctor or a mental health provider, can make this determination. However, by printing the results and bringing it to your doctor, you can start the conversation.

Disclaimer

Please note: Our screens are only for adults. You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

Source
Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ, including the GAD-7, was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ris8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc.