

GAD-7 Anxiety Questionnaire

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

Not at all

Several days

More than half the days
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 is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid, as if something awful might happen