GAD-7 Anxiety

Over the last 2 weeks, how often have you been bothered by the following problems?  
(Use “✔” to indicate your answer)

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Worrying too much about different things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Trouble relaxing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Being so restless that it is hard to sit still</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Becoming easily annoyed or irritable</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Feeling afraid as if something awful might happen</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>Not difficult at all</th>
<th>Somewhat difficult</th>
<th>Very difficult</th>
<th>Extremely difficult</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

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.
PHQ-9 Depression

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use “✔” to indicate your answer)

1. Little interest or pleasure in doing things
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

2. Feeling down, depressed, or hopeless
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

3. Trouble falling or staying asleep, or sleeping too much
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

4. Feeling tired or having little energy
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

5. Poor appetite or overeating
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

7. Trouble concentrating on things, such as reading the newspaper or watching television
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

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
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

9. Thoughts that you would be better off dead or of hurting yourself in some way
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

Column totals

\[ \text{Not all} + \text{Several days} + \text{More than half the days} + \text{Nearly every day} \]

\[ = \text{Total Score} \]

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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.