

Patient name: _____

Date of birth: _____



GAD-7

Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on the edge	0	1	2	3
2. Not being able to stop 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 is it 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

For office coding: Total Score _____ + _____ + _____ + _____

If you checked off <u>any</u> problems, how <u>difficult</u> have these problems 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

GAD-7 Scoring:

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

Nombre del paciente: _____

Date of Birth: _____

GAD-7 Spanish

Durante las **últimas 2 semanas**, ¿con qué frecuencia ha sentido molestias por los siguientes problemas?

(Marque con una "✓" para indicar su respuesta)

	Nunca	Varios días	Más de la mitad de los días	Casi todos los días
1. Sentirse nervioso/a, intranquilo/a o con los nervios de punta	0	1	2	3
2. No poder dejar de preocuparse o no poder controlar la preocupación	0	1	2	3
3. Preocuparse demasiado por diferentes cosas	0	1	2	3
4. Dificultad para relajarse	0	1	2	3
5. Estar tan inquieto/a que es difícil permanecer sentado/a tranquilamente	0	1	2	3
6. Molestarse o ponerse irritable fácilmente	0	1	2	3
7. Sentir miedo como si algo terrible pudiera pasar	0	1	2	3

For office coding: Total Score _____ = _____ + _____ + _____ + _____