

Purpose

- The GAD-7 is a valid and reliable anxiety questionnaire.
- It's based directly on the DSM-IV diagnostic criteria for Generalized Anxiety Disorder.
- The GAD-7 is useful for assessing symptoms and severity for anxiety at the start of treatment, and monitoring the client's symptoms over the course of treatment.

Administration

- This is a self-report measure.
- Validity is not compromised if the therapist reads the questions to the client.
- Clients should **complete every item**, based on their feelings during the **past 2 weeks**.
- The GAD-7 can be administered by non-clinical or clinical staff, but must be interpreted by a trained clinician.
- Can be read to the client or administered virtually. Assure client is able recall and utilize the GAD-7 response scale when using this method.

GAD-7 is available in various languages at:
www.phqscreeners.com



GAD-7 Quick Guide

Generalized Anxiety Disorder-7®

Administered for all clients ages 18 and above. Administered during the first and last EBP treatment sessions for the following EBPs:

- Individual Cognitive Behavioral Therapy (CBT) - Anxiety
- Mental Health Integrated Program (MHIP)

Advantages of the GAD-7

- The GAD-7 is shorter than other anxiety rating scales.
- Provides a brief, valid, and reliable measure to facilitate differential diagnosis of generalized anxiety disorder.
- Found to have adequate sensitivity and specificity as a screener for other anxiety disorders, specifically panic, social anxiety, and post-traumatic stress disorder.
- Is short enough to administer throughout treatment, should clinicians wish to monitor treatment progress more regularly
- Research has shown its effectiveness for clients 18 years and older.

Scoring Information

An elevated score on the GAD-7 is not synonymous with a diagnosis of Generalized Anxiety Disorder, rather the information gathered from the GAD-7 is meant to be used in conjunction with a thorough clinical intake assessment by a trained clinician.

Item Response Score

Not at all	0
Several Days	1
More than half the days	2
Nearly everyday	3

The GAD-7 total score is the sum of all seven items, and ranges from 0-21

GUIDE FOR INTERPRETING GAD-7 TOTAL SCORES

Total Score	Anxiety Severity
0 – 4	NONE - MINIMAL
5 – 9	MILD
10 – 14	MODERATE
15 – 21	SEVERE

Note: Measures with more than one unanswered item should not be scored and entered into PEI OMA. If only one item is unanswered, calculate the arithmetic mean of the 6 scored items. Sum the 6 scored items and the mean to generate the GAD-7 total score.