

Self-Test for Anxiety

This Self-Assessment Test for Anxiety called the General Anxiety Disorders screening tool with the 7 questions (GAD-7). It can help you find out if you might have an anxiety disorder that needs treatment. It calculates how many common symptoms you have and, based on your answers, suggests where you might be on a scale, from mild to severe anxiety.

Choose one answer for each of the 7 questions below in accordance with your condition.

Over the last 2 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	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 it's 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
Add up your results for each column				
Total score (add column totals together)				

What your total score means

Your total score is a guide to how severe your anxiety disorder may be:

- 0 to 4 = mild anxiety
- 5 to 9 = moderate anxiety
- 10 to 14 = moderately severe anxiety
- 15 to 21 = severe anxiety

If your score is 10 or higher, or if you feel that anxiety is affecting your daily life, call your doctor.

You can download and print this form for easy reference.