

# GAD Quiz

The GAD-7 (Generalized Anxiety Disorder-7) is a self-administered questionnaire used to screen and assess the severity of generalized anxiety disorder (GAD). It consists of 7 questions that evaluate the frequency of anxiety symptoms experienced by the respondent over the past two weeks.

Each question addresses common symptoms of anxiety, such as feeling nervous, worrying excessively, difficulty relaxing, and physical symptoms like restlessness or irritability. The GAD-7 is a reliable tool often used by healthcare professionals to identify potential cases of anxiety and guide further evaluation or treatment.

## GAD-7 Questionnaire

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

**1. Feeling nervous, anxious, or on edge**

- |  |   |
|--|---|
| <input type="checkbox"/> a) Not at all   | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day        |

**2. Not being able to stop or control worrying**

- |  |   |
|--|---|
| <input type="checkbox"/> a) Not at all   | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day        |

**3. Worrying too much about different things**

- |  |   |
|--|---|
| <input type="checkbox"/> a) Not at all   | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day        |

**4. Trouble relaxing**

- |  |   |
|--|---|
| <input type="checkbox"/> a) Not at all   | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day        |

**5. Being so restless that it is hard to sit still**

- |  |   |
|--|---|
| <input type="checkbox"/> a) Not at all   | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day        |

**6. Becoming easily annoyed or irritable**

- |  |   |
|--|---|
| <input type="checkbox"/> a) Not at all   | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day        |



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## GAD-7 Questionnaire

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

**7. Feeling afraid as if something awful might happen**

☐

a) Not at all

☐

c) More than half the days

☐

b) Several days

☐

d) Nearly every day



# GAD Scoring Interpretation

The GAD-7 (Generalized Anxiety Disorder-7) is a self-administered questionnaire used to screen and assess the severity of generalized anxiety disorder (GAD). It consists of 7 questions that evaluate the frequency of anxiety symptoms experienced by the respondent over the past two weeks.

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## GAD-7 Scoring Key

- Total score: Add the numbers for each response to get a total score (ranging from 0 to 21).

## Score interpretation

- |                        |                           |
|------------------------|---------------------------|
| ★ 0-4: Minimal anxiety | ★ 10-14: Moderate anxiety |
| ★ 5-9: Mild anxiety    | ★ 15-21: Severe anxiety   |

## Recommendations Based on Score

### 1. Score 0-4 (Minimal Anxiety):

- ★ **Recommendation:** No immediate concern; anxiety levels are considered minimal. However, maintaining healthy coping mechanisms (exercise, mindfulness, self-care) is important to prevent future anxiety.
- ★ **Suggestions:** Continue monitoring, and consider regular check-ins with yourself to ensure anxiety levels remain low.

### 2. Score 5-9 (Mild Anxiety):

- ★ **Recommendation:** This indicates mild anxiety. It may be helpful to explore stress management techniques, such as relaxation exercises, mindfulness, or engaging in enjoyable activities.
- ★ **Suggestions:** Consider self-help strategies like journaling, deep breathing, or talking to a trusted friend or therapist. Regular physical activity and adequate sleep can also help manage mild anxiety.



# GAD Scoring Interpretation

## Recommendations Based on Score

### 3. Score 10-14 (Moderate Anxiety):

- ★ **Recommendation:** Moderate anxiety suggests a higher level of distress. It's important to address the anxiety to prevent it from worsening. Consider seeking support from a counselor or therapist to explore coping mechanisms and possible underlying causes.
- ★ **Suggestions:** Cognitive Behavioral Therapy (CBT) or mindfulness-based therapies have been shown to help manage anxiety at this level. If the anxiety interferes with daily functioning, you may want to consult a healthcare provider.

### 4. Score 15-21 (Severe Anxiety):

- ★ **Recommendation:** This indicates severe anxiety that may significantly affect daily life. Professional intervention is strongly recommended. This could include therapy, medication, or a combination of both, depending on the individual's needs.
- ★ **Suggestions:** A healthcare professional may suggest Cognitive Behavioral Therapy (CBT), medication (such as SSRIs or other anxiety treatments), or lifestyle changes. Developing a comprehensive treatment plan with a mental health provider is important at this stage.

## Next Steps Based on Recommendations

- ★ **Self-care and mild anxiety:** Explore stress-relief practices like yoga, mindfulness meditation, and time management.
- ★ **Therapy:** Cognitive Behavioral Therapy (CBT) or Dialectical Behavioral Therapy (DBT) can be highly effective for moderate to severe anxiety.
- ★ **Medication:** For moderate to severe anxiety, discuss with a healthcare provider if medication, such as SSRIs or benzodiazepines, is appropriate.
- ★ **Lifestyle changes:** Improving sleep, nutrition, and exercise can positively impact anxiety levels across all stages.

Regular follow-up assessments can help track progress and determine if additional interventions are needed.

