

GAD-7

Over the last **2 weeks**, how often have you been bothered by the following problems?

	Not at all (0)	Several Days (1)	More than half the days (2)	Nearly every day (3)
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				

Add columns: _____ _____ _____

TOTAL: _____