



GAD-7 Scale (Anxiety)

1st Step Counseling

1525 Western Ave, Ste. 4

Albany NY 12203-3536

(518) 629-5409

Generalized Anxiety Disorder 7-item Scale (GAD-7)

Patient Name:

Date:

Client Questions

Over the past 2 weeks, how often have you been bothered by any of the following problems?

1. Feeling nervous, anxious, or on edge:

2. Not being able to stop or control worrying:

3. Worrying too much about different things:

4. Trouble relaxing:

5. Being so restless that it's hard to sit still:

6. Becoming easily annoyed or irritable:

7. Feeling afraid as if something awful might happen:

Questionnaire Score

Add up the all the numbers for answers 1-7 above.

Total Score:

10. If you checked off any problems, how difficult have those problems made it for you to do your work, take care of things at home, or get along with other people?:

Email completed documents to info@1stStepCounselingNY.com.