

Brief description:

The GAD-7 is an anxiety scale that can be used for assessing anxiety severity in clinical practices and in research. Items are scored using a 4-point scale (0-3).

Notes:

- Scores ≥ 10 : Further assessment (including diagnostic interview and mental status examination) and/or referral to a mental health professional recommended
- Scores 5-9: mild, monitor
- 10*-14: moderate, possible clinically significant condition
- >15 : severe, active treatment probably warranted
- *For Panic Disorder, Social Phobia, & PTSD, cut-off score of 8 may be used for optimal sensitivity/specificity
- This scoring manual is intended to be used only with the questionnaire version on braincode.ca

Construct	Type of measure	Scoring	Variables from Data Dictionary
Total Score	Continuous	Summed score of all 7 items	gad_001 + gad_002 + gad_003 + gad_004 + gad_005 + gad_006 + gad_007
Measurement of functional difficulties	Categorical	Not difficult – 1, somewhat difficult – 2, very difficult – 3, extremely difficult - 4	gad_dfcty

Reference:

1. Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006; 166:1092-1097