GAD-7

Over the last two weeks, how often have you been bothered by the following problems? (Use " " " to indicate your answer)	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. Having trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
 Feeling afraid as if something awful might happen 	0	1	2	3
(For office coding: Total So	core T	_ =	+ +)

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