Anxiety Screener

What is it?

The GAD-7 is a valid and efficient tool for screening for Generalized Anxiety Disorder and assessing its severity in clinical practice and research.

Links to screeners

GAD-7—https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf

How to use it / Who should administer

It is typically conducted by the patient via self-report, however it can be administered by a trained clinician.

How to interpret / Next steps

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

When screening for anxiety disorders, a score of 8 or greater represents a reasonable cut-point for identifying probable cases of generalized anxiety disorder; further diagnostic assessment is warranted to determine the presence and type of anxiety disorder. Using a cut-off of 8 the GAD-7 has a sensitivity of 92% and specificity of 76% for diagnosis of generalized anxiety disorder.

Useful clinical pathway for treatment here