



SEVEN INDICATORS THAT ANXIETY IS OVERTAKING MY LIFE

Over the last 2 weeks, how often have you been bothered by the following problems?
 Not at all = 0, Several days = 1, Over half the days = 2, Nearly every day = 3

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. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Add the score for each column + + +
 Total Score (add your column scores) =

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

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

TOTAL SCORE	INTERPRETATION
10 or More	Anxiety is Significant - Consider Scheduling an Appointment at CCA
5	Mild Anxiety
10	Moderate Anxiety
15	Severe Anxiety

Source: GAD- 7 - A brief measure of assessing generalized anxiety disorder.