

Rating Scale: GAD-7. Anxiety scale

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

Not at all → 0

Several days → 1

More than half the days → 2

Nearly everyday → 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 is 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

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