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## GAD-7

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

| Not | Several |  |  |
| :---: | :---: | :---: | :---: |
| at all | More than <br> days | Half the <br> days | Nearly <br> Every day |

(Circle to indicate your answer)

| 1. Feeling nervous, anxious or on <br> Edge | 0 | 1 | 2 | 3 |
| :--- | :--- | :--- | :--- | :--- |
| 2. Not being able to stop or control <br> worrying | 0 | 1 | 2 | 3 |
| 3. Worrying too much about <br> different things | 0 | 1 | 2 | 3 |
| 4. Trouble relaxing 0 1 2 3 <br> 5. Being so restless that it is hard to <br> sit still 0 1 2 3 <br> 6. Becoming easily annoyed or <br> irritable 0 1 2 3 <br> 7. Feeling afraid as if something <br> awful might happen 0 1 2 3$\quad+\quad+$ |  |  |  |  |

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