

Mental Health Screening

Anxiety: GAD-2

Anxiety: GAD-7

Dementia: IHDS

Depression: PHQ-2

Depression: PHQ-9

PTSD: PC-PTSD-5

Substance Use Screening

Alcohol: AUDIT-C

Alcohol: CAGE

CAGE-AID

Drug Use: TICS

Opioid: Risk Tool

Clinical Calculators

APRI Calculator

BMI Calculator

CrCl Calculator

CTP Calculator

FIB-4 Calculator

FEPO4 Calculator

GFR Calculator

Generalized Anxiety Disorder 7-item (GAD-7)

Share

The Generalized Anxiety Disorder 7-item (GAD-7) is a easy to perform initial screening tool for generalized anxiety disorder¹.

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

1. Feeling nervous, anxious or on edge

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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2. Not being able to stop or control worrying

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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3. Worrying too much about different things

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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4. Trouble relaxing

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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5. Being so restless that it is hard to sit still

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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6. Becoming easily annoyed or irritable

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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7. Feeling afraid as if something awful might happen

<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
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GAD-7 score obtained by adding score for each question (total points)

Interpretation:

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 generalized anxiety disorder.^{2,3}

The following cut-offs correlate with level of anxiety severity:

- Score 0-4: Minimal Anxiety
- Score 5-9: Mild Anxiety
- Score 10-14: Moderate Anxiety
- Score greater than 15: Severe Anxiety

- Score greater than 10: Severe Anxiety

Based on a recent meta-analysis, some experts have recommended considering using a cut-off of 8 in order to optimize sensitivity without compromising specificity².

Performance as Screening Tool for Anxiety Disorders

Although designed as a screening tool for generalized anxiety, the GAD-7 is also performs reasonably well as a screening tool for three other common anxiety disorders—Panic Disorder, Social Anxiety Disorder, and Posttraumatic Stress Disorder.³

Performance of GAD-7 as Screening Tool for Anxiety Disorders³
(Using GAD-7 Score Cut-off of ≥ 10)

Test	Sensitivity	Specificity	Positive Likelihood Ratio
Generalized Anxiety Disorder	89%	82%	5.1
Panic Disorder	74%	81%	3.9
Social Anxiety Disorder	72%	80%	3.6
Post-Traumatic Stress Disorder	66%	81%	3.5
Any anxiety disorder	68%	88%	5.5

Sources

1. Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166:1092-7.
2. Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. Gen Hosp Psychiatry. 2016;39:24-31.
3. Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-25.

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Course Modules

- Screening and Diagnosis
- Basic HIV Primary Care
- Antiretroviral Therapy
- Co-Occurring Conditions
- Prevention of HIV
- Key Populations

Question Bank CNE/CME

- Clinical Consultation
- Master Bibliography
- Contributors

Tools & Calculators

- Clinical Calculators
- Mental Health Screening
- Substance Use Screening

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