Overview
The Generalized Anxiety Disorder - 7 (GAD-7) screening tool measures symptoms of anxiety in older adolescents and adults. The Severity Measure for Generalized Anxiety Disorder—Child Age 11-17 complements the GAD-7 in assessing anxiety in youth and adolescents. These measures improve recognition of anxiety and can inform diagnosis and treatment.

Focus Area
Anxiety
Trauma

Purpose
Screening/Initial Evaluation
Diagnostic
Progress Monitoring

Reporters
Student

Versions
Student, 10 items (for ages 11-17)
GAD-7, Student, 8 items (for ages 18+)

Sample Items
- Feeling nervous, anxious, or on edge
- Trouble relaxing
- Becoming easily annoyed or irritable

Response Options
Not at all
Several days
More than half the days
Nearly every day

Includes additional response options

Languages
English
Spanish
Other

Cost
Free

Access the measures:
Online GAD-7 screener
GAD-7 Severity Measure for Generalized Anxiety Disorder (Child Age 11-17)
### Scoring

<table>
<thead>
<tr>
<th>Possible range</th>
<th>GAD-7</th>
<th>Severity Measure for Generalized Anxiety Disorder—Child Age 11-17</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0-21</td>
<td>0-40</td>
</tr>
<tr>
<td>Item scores</td>
<td>Not at all (0) to Nearly every day (3)</td>
<td>Never (0) to All of the time (4)</td>
</tr>
</tbody>
</table>

#### Administration & scoring rules

**To use the GAD-7 as a *diagnostic aid* for any anxiety disorder:**
- Sum all items to get a total score
- If impairment in social and role settings is rated at a level of “somewhat difficult” or greater AND total score is 10 or greater, this may indicate need for further evaluation
- The GAD-7 has moderately good sensitivity and specificity as a screening tool for panic (74%, 81%), social anxiety (72%, 80%), and post-traumatic stress disorder (66%, 81%)

**To use the Severity Measure for Generalized Anxiety Disorder (Child Age 11-17) for *screening* and *progress monitoring*:**
- Rate symptoms present in the past week
- Sum all items to get a total score
- Average the total score
- If the result is a fraction, round to the nearest whole number
- Use the below 5-point scale for interpretation of severity
- Administer routinely to track progress over time

#### Interpretation

<table>
<thead>
<tr>
<th>Total GAD-7</th>
<th>Interpretation</th>
<th>Average Severity</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>None-minimal</td>
<td>0</td>
<td>None</td>
</tr>
<tr>
<td>5-9</td>
<td>Mild</td>
<td>1</td>
<td>Mild</td>
</tr>
<tr>
<td>10-14</td>
<td>Moderate</td>
<td>2</td>
<td>Moderate</td>
</tr>
<tr>
<td>15-21</td>
<td>Severe</td>
<td>3</td>
<td>Severe</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td>Extreme</td>
</tr>
</tbody>
</table>

**Handling blank items**

If 3 or more items left unanswered, the total score should not be calculated. If 1 or 2 items are left unanswered, calculate the average by dividing by the number of answered items.

[Click here for background information/detailed instructions for the GAD-7](www.theSHAPEsystem.com)