

## GAD-2 Anxiety Test

### \*\* Fast Clinically Validated Self-Assessment \*\*

The [Generalized Anxiety Disorder-2 \(GAD-2\)](#) is a short, clinically validated screening tool used to identify early signs of generalized anxiety. It's a **quick version of the [GAD-7](#)** and widely used in primary care.

- **Time required:** Less than 1 minute
- **Validated & used by doctors worldwide**

Answer the following 2 questions based on your experience over the **past 2 weeks**.

### Scoring Guide

0 = Not at all | 1 = Several days | 2 = More than half the days | 3 = Nearly every day

Question	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
1. Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Interpretation of Results:

✅ 0-2: Minimal Anxiety | No clinical anxiety detected.

🟡 3+: Positive for possible anxiety — **further evaluation recommended**

💬 If your score is **3 or higher**, it is advised to take the [full GAD-7 test](#) for a more complete screening and consult a healthcare professional if symptoms persist.

 For detailed analysis, visit:

 <https://anxietychecklist.com/anxiety-test/gad-2/>