

GAD-7 Anxiety Test

Clinically Validated Self-Assessment

The Generalized Anxiety Disorder-7 (GAD-7) is a clinically validated tool used worldwide to assess anxiety symptoms. Answer the following questions based on your experience over the past two 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"/>
3. Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being so restless that it is hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Interpretation of Results:

- ✅ 0-4: Minimal Anxiety | No clinical anxiety detected.
- 🟡 5-9: Mild Anxiety | Consider self-care techniques.
- 🟠 10-14: Moderate Anxiety | Professional support recommended.
- 🔴 15+: Severe Anxiety | Seek advice from a mental health professional.

 For detailed analysis and AI-powered interpretation, visit:

 <https://anxietychecklist.com/anxiety-test/gad-7/>