

SCORING TOOLS

GAD-7 (Anxiety)

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

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.

GAD-7 SPITZER, RL. ET AL. A BRIEF MEASURE FOR ASSESSING GENERALIZED ANXIETY DISORDER. ARCH INT MED. 2006; 166(10):1092-1097