

# Wellbeing Sessions Questionnaires

## GAD7

Over the <i>last 2 weeks</i> , how often have you been bothered by any of the following problems?  Mark with an 'X'	Not at all	Several Days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Functional impairment	If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?			
	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult

0-4: Minimal anxiety

5-9: Mild anxiety

10-14: Moderate anxiety

15-21: Severe anxiety