

Generalised Anxiety Disorder (GAD)-7 scale

GAD-7 has been translated and validated locally. It was shown to have good reliability for the diagnosis of generalized anxiety disorder. Scores of 5, 10, and 15 represent cut points for mild, moderate, and severe anxiety, respectively.

Though designed primarily as a screening and severity measure for generalised anxiety disorder, the GAD-7 also has moderately good operating characteristics for three other common anxiety disorders – panic disorder, social anxiety disorder, and post-traumatic stress disorder. When screening for anxiety disorders, a recommended cut point for further evaluation is a score of 10 or greater.

在過去兩個星期, 你有多經常受以下問題困擾?				
(請用「√」勾選你的答案)	完全沒有	幾天	一半以上的天數	近乎每天
1. 感到緊張、不安或煩躁	0	1	2	3
2. 無法停止或控制憂慮	0	1	2	3
3. 過份憂慮不同的事情	0	1	2	3
4. 難以放鬆	0	1	2	3
5. 心緒不寧以至坐立不安	0	1	2	3
6. 容易心煩或易怒	0	1	2	3
7. 感到害怕, 就像要發生可怕的事情	0	1	2	3
總分				