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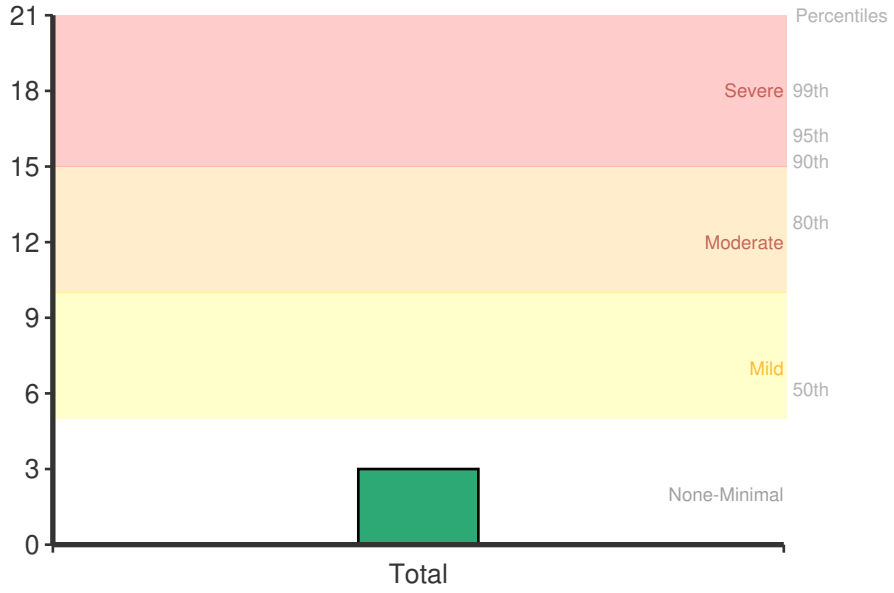
Generalised Anxiety Disorder Assessment (GAD-7)

Client Name	Generic Client	*Date administered*	9 Sep 2024
Date of birth (age)	9 Aug 1998 (26)	*Time taken*	24s
Assessor	Dr Mandira Mishra		

Results

	Raw Score	Percentile	Severity
Total Score	3	30	None-Minimal

GAD-7 Total Score



Interpretation

The respondent's GAD-7 total score is in the 'None-Minimal' range indicating low levels of anxiety with few or no symptoms of generalised anxiety disorder (GAD).

Scoring and Interpretation Information

For comprehensive information on the GAD-7, see here.

A raw score (from 0 to 21) is presented as well as a percentile rank based on a normative community sample (Stocker et al., 2021) of age-related peers. A higher score indicates higher levels of anxiety symptoms.

Percentiles are calculated according to the age of the client and provide a useful context for comparing a respondent's results with levels of anxiety seen in the community. A percentile of 50 represents typical and relatively healthy patterns of anxiety, falling within the mild range of anxiety for younger age groups (50 years of age or less).

Experiencing at least some anxiety is relatively normal, particularly among younger age groups.

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

Approximately 11% of individuals under 30 fall into the "severe" anxiety range, whereas 1.4% of people over 70 years of age have scores in that range.

Given that experiencing anxiety is common, anxiety is best considered on a dimensional basis (e.g. the degree to which someone has symptoms) rather than in a binary absent/present fashion.

The scale classifies individuals into distinct severity categories based on their raw scores, as follows:

-None-Minimal (Scores of 4 or below): Scores within this range suggest minimal anxiety, with symptoms being either absent or so slight that they have little to no impact on daily functioning.

-Mild (Scores between 5 and 9): Anxiety is present and noticeable but generally manageable, with only occasional interference in daily activities.

-Moderate (Scores between 10 and 14): Anxiety symptoms are frequent and intense, potentially affecting the individual's ability to perform daily tasks effectively. They are more likely than not to have a diagnosable anxiety disorder such as generalised anxiety disorder.

-Severe (Scores of 15 and above): Anxiety symptoms are intense and persistent, significantly disrupting daily functioning. They likely have a diagnosable anxiety disorder or other psychiatric condition.

When administered multiple times, the total scores are graphed over time.

A significant change in score is defined as an increase or decrease of at least 6 points. This criterion is based on the Reliable Change Index (Bischoff et al., 2020). Such changes indicate significant change symptoms, while a change of less than the specified points indicates minimal change in symptom severity between assessments.

Scores of 10 or greater are indicative of Generalised Anxiety Disorder (Sensitivity 89% and Specificity 82%) (Spitzer et al., 2006) and other psychiatric disorders involving anxiety. Scores of 10 or more may also indicate panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%), and post-traumatic stress disorder (sensitivity 66%, specificity 81%) (Kroenke, et al. 2007).

Higher scores on the GAD-7 indicate the presence of anxiety symptoms, however 90% of individuals with GAD experience at least one additional psychiatric condition over their lifetime. While major depressive disorder (MDD) is the most prevalent comorbidity among individuals with GAD, dysthymia, bipolar, alcohol abuse are also frequently observed (Simon, 2009; Preti et al., 2015).

Client Responses

Client Name	Generic Client

		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 is 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**