

Generalised Anxiety Disorder Scale: 7 items: Clinician Report

Patient:	Alex Smith
Assessment date:	2026-05-18
TOTAL SCORE	
12 / 21	
Severity: Moderate (10–14)	

CUTOPOINT CROSSED

Threshold	Label
>= 8	Alternative cut-point: ≥8 preferred when sensitivity is prioritised (e.g., broad screening) (Se 0.83, Sp 0.84)
>= 10	Primary screening cut-point for GAD (Se 0.83, Sp 0.84)

SCORE STATEMENT

The patient completed the GAD-7 on 2026-05-18, obtaining a total score of 12/21, placing in the Moderate range (10–14).

SEVERITY INTERPRETATION

Scores in the moderate range (10–14) indicate markedly elevated self-reported anxiety symptoms, at a level warranting formal assessment and consideration of treatment.

SYMPTOM PROFILE

Symptom profile. The response pattern is worry-dominant, with nervousness or anxiety, uncontrollable worry, excessive worry, and trouble relaxing endorsed at or above the "more than half the days" level. Fearfulness or apprehension were not endorsed. The profile is consistent with a moderate anxiety presentation with cognitive worry as the prominent feature.

CLINICAL CAVEATS

Functional impairment. When asked how difficult these problems have made it to do work, take care of things at home, or get along with other people, the patient indicated: **Somewhat difficult**. This qualitative response is recorded alongside the numerical score and contributes to the overall clinical picture of functional impact.

RECOMMENDATION

Moderate-range scores (GAD-7 10 to 14) with a worry-dominant pattern sit above the screening cut-point at which generalised anxiety disorder is most likely on the available diagnostic data (Spitzer et al. 2006). The differential at this severity also includes social anxiety disorder, panic disorder, and post-traumatic stress disorder, which the GAD-7 has been shown to screen with comparable accuracy (Kroenke et al. 2007). Interventions with an evidence base for this profile include cognitive behavioural therapy with a worry-management focus and pharmacotherapy (typically a selective serotonin reuptake inhibitor or serotonin-noradrenaline reuptake inhibitor) (NICE CG113, 2011; RANZCP CPG, 2018). A structured clinical interview has been used to clarify the specific anxiety disorder before treatment selection. *These notes summarise the published evidence base for this presentation pattern and are intended for clinician consideration. They do not constitute individual treatment recommendations and may not apply to every person; clinical judgement and knowledge of the full clinical picture take precedence.*

MONITORING

Repeat administration in 2–4 weeks is recommended, timed to coincide with clinical review and treatment planning.

SCALE INFORMATION

Scale information. The GAD-7 is a 7-item self-report measure of generalised anxiety symptoms over the past 2 weeks. Score range 0 to 21. Sensitivity 0.83 and specificity 0.84 for generalised anxiety disorder at cutoff ≥ 10 (Plummer et al., 2016, meta-analysis). Performance is comparable for other anxiety disorders (panic, social anxiety, PTSD) at the same cutoff. The instrument is a screening and severity tool; diagnosis requires clinical assessment.

ITEM RESPONSES

Rating scale: 0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day			
#	Description	Response	Score
1	Feeling nervous, anxious or on edge	Nearly every day	3
2	Not being able to stop or control worrying	Nearly every day	3
3	Worrying too much about different things	More than half the days	2
4	Trouble relaxing	More than half the days	2
5	Being so restless that it is hard to sit still	Several days	1
6	Becoming easily annoyed or irritable	Several days	1
7	Feeling afraid as if something awful might happen	Not at all	0