

**NINDS CDE Notice of Copyright  
Generalized Anxiety Disorder (GAD-7)**

<b>Availability:</b>	The instrument is freely available here: <a href="#">Generalized Anxiety Disorder instrument.</a>
<b>Classification:</b>	<p><b>Supplemental- Highly Recommended:</b> Epilepsy in studies assessing anxiety</p> <p><b>Supplemental:</b> Headache, Mitochondrial Diseases (Mito), Spinal Cord Injury (SCI)</p> <p><b>Exploratory:</b> SCI-Pediatric (ages 12 and older, but currently there is no pediatric data)</p>
<b>Short Description of Instrument:</b>	<p><b>Purpose:</b> The Generalized Anxiety Disorder (GAD-7) is a scale that can be used for assessing anxiety severity in clinical practices and in research.</p> <p><b>Description:</b> This is a brief scale with good reliability. Questions relate to the frequency of anxiety-related symptoms over the past two weeks.</p> <p><b>Number of items:</b> 7; scoring ranging from 0–3 for each. Total Score (0–21).</p> <p><b>Time Estimates:</b> 5-10 minutes.</p> <p><b>Intended Respondent:</b> Patient</p>
<b>Comments / Special Instructions:</b>	<p><b>Comments:</b> The GAD-7 is based on a large sample size, can be used in diverse clinical and research settings and it can be generalized to primary care. But it focuses only on one anxiety disorder, though many more exist, and further evaluation of the patient should be considered for diagnosis. However, the same cut-off score has been shown to be good at detecting other anxiety disorders.</p> <p>Increasing scores are associated with multiple domains of functional impairments, supporting its construct validity. Adult patients (n=965) recruited from 15 primary health clinics participated in a study (Spitzer et al., 2006) investigating the psychometric properties of the GAD-7. The GAD-7 demonstrated excellent internal consistency (Cronbach alpha=.92) and test-retest reliability (intraclass correlation = 0.83). Most patients diagnosed with Generalized Anxiety Disorder (GAD) (89%) were above the cut-off point of 10, and most patients without GAD (82%) were below 10. At a cut point of 10 or greater, sensitivity and specificity both exceed 0.80. Thus, a score of 10 represents a reasonable cut-off point for identifying cases of GAD, whereas the scoring ranges of 5–9, 10–14, and 15–21 could represent mild, moderate and severe GAD.</p> <p><b>Psychometric data in SCI populations</b> is mostly lacking. However, a recent study (Kisala et al., 2015) compared the GAD-7 with the SCI-QOL Anxiety and GAD-7 and found a correlation of 0.67 and reliability of 0.85 for the GAD-7 providing some support of its use after SCI.</p>

**NINDS CDE Notice of Copyright  
Generalized Anxiety Disorder (GAD-7)**

	<b>SCI-Pediatric specific:</b> Normative data is with the adult population.
<b>References:</b>	<p><b>Primary Reference:</b></p> <p>Spitzer RL, Kroenke K, Williams JB, &amp; Lowe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. <i>Arch Intern Med</i>, 2006; 166(10), 1092–1097.</p> <p><b>Additional References:</b></p> <p>Kisala PA, Tulsy DS, Kalpakjian CZ, Heinemann AW, Pohlign RT, Carle A, &amp; Choi SW. Measuring anxiety after spinal cord injury: Development and psychometric characteristics of the SCI-QOL Anxiety item bank and linkage with GAD-7. <i>J Spinal Cord Med</i>. 2015; 38(3):315–325.</p> <p>Kroenke K, Spitzer RL, Williams JB, &amp; Lowe B. The Patient Health Questionnaire Somatic, Anxiety, and Depressive Symptom Scales: a systematic review. <i>Gen Hosp Psychiatry</i>, 2010; 32(4), 345–359.</p>