

Diagnosis of Anxiety Disorders in Primary Care

GAD-2 and GAD-7 Scales

Over the past two weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than one half of the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Total GAD-2 score		_____	+ _____	+ _____
Worrying too much about different things	0	1	2	3
Having trouble relaxing	0	1	2	3
Being so restless that it is hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3
Feeling afraid, as if something awful might happen	0	1	2	3
Total GAD-7 score		_____	+ _____	+ _____

Interpretation: a positive GAD-2 result is a score of at least 3 points; a positive GAD-7 result is a score of 8 or 9 points. The authors of the validation study recommend a cutoff of 8 or more points for an abnormal GAD-7 screen; however, a cutoff of 9 points has a higher LR+ compared with a cutoff of 8 points and a similar LR-.

Total score (points)	LR+	LR-	PPV (%)*	NPV (%)*
Generalized anxiety disorder				
GAD-2 \geq 3	5.1	0.17	56	96
GAD-7 \geq 9	4.3	0.13	52	97
Panic disorder				
GAD-2 \geq 3	4.0	0.30	47	94
GAD-7 \geq 9	3.6	0.27	50	93

LR+ = positive likelihood ratio; LR- = negative likelihood ratio; NPV = negative predictive value; PPV = positive predictive value.

**—Assumes pretest probability of 20 percent.*