

# Do I Have Anxiety?

Taking self-assessments like the Generalized Anxiety Disorder-7 (GAD-7) for generalized anxiety can help you understand yourself better. They can also help you:

- Quickly check for common symptoms of anxiety and depression
- Notice patterns and how they relate to your feelings
- Be a starting point for talking with a doctor or therapist

These assessments are being used worldwide in routine clinical practice, every day to help people understand their mental health. To get the most accurate results, complete the questionnaire in a quiet, private space and use the same version each time to track changes consistently.

Over the last two weeks, how often have you been bothered by the following problems?	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it's hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				

## Add the scores for each question (0–3) for a Total Score: 0–21

0–4: Minimal anxiety    5–9: Mild anxiety    10–14: Moderate anxiety    15–21: Severe anxiety

If your score is elevated or your symptoms are persistent or concerning, consider sharing your results with a medical or mental health professional. A healthcare provider can help determine whether further evaluation or treatment may be appropriate.

**Important:** Self-assessments do not provide a diagnosis. Only a qualified health professional can diagnose a mental health condition and recommend treatment.

## ADAA and Other Mental Health Resources:

[ADAA GAD and other Anxiety Resources](#)

[ADAA Find Your Therapist](#)

[ADAA Peer-to-Peer Communities](#)

[National Alliance on Mental Illness \(NAMI\)](#)

Crisis Support (U.S.): Dial or text 988