



## GAD - 7

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?]

Please CIRCLE your answers.

		Not at all	Several days	More than half the days	Nearly every day
		0	1	2	3
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

For Office Coding: Total Score: **T** \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ +

Does anxiety or low mood or distress about your diabetes make it difficult for you to manage your diabetes? Yes or No?