

GAD Test (Generalized Anxiety Disorder)

Use this GAD assessment to help determine if you have the symptoms of Generalized Anxiety Disorder (GAD) and whether you should seek a diagnosis or treatment of Generalized Anxiety Disorder from a qualified doctor or mental health professional.

- 1) Do you worry continually almost every day about both big and small problems, situations, events, and/or activities?
Yes
No
- 2) Do you have difficulty controlling your worries or anxieties?
Yes
No
- 3) Do you have trouble keeping your mind on one thing?
Yes
No
- 4) Do you feel restless or keyed up or on edge much of the time?
Yes
No
- 5) Do you have headaches and/or other aches and pains for no apparent reason?
Yes
No
- 6) Do you feel irritable or easily angered frequently?
Yes
No
- 7) Do you have difficulty falling or staying asleep?
Yes
No
- 8) Do you feel tired a lot or are you easily fatigued?
Yes
No
- 9) Do you sometimes sweat or have hot flashes?
Yes
No
- 10) Do you sometimes have a lump in your throat when you're worried?

- Yes
- No

11) Do you sometimes feel like you might throw up when you're worried?

- Yes
- No

12) Do you feel like you can't concentrate or that your mind goes blank at times?

- Yes
- No

13) Does your worrying interfere with your normal routines, work or school, and/or social activities?

- Yes
- No

If your score is 3 or higher, meaning you answered "yes" to 3 or more questions on the GAD test, then you are exhibiting symptoms of Generalized Anxiety Disorder. To be diagnosed with GAD, you must be experiencing the GAD symptoms more days than not, for six months or longer. Additionally, the symptoms must be interfering in your normal routines, work or school, and/or social activities. However, although these are the "official" criteria for being diagnosed with GAD, if you are having any kind of disruptive symptoms or feel that you are overly or excessively anxious, you should talk to your doctor or another trusted health care provider. Help is available through anxiety medications and therapy for anxiety. Please print out your GAD test and score and share it with your doctor or therapist. Remember, this is NOT a diagnosis. Only a doctor or qualified mental health professional can make a diagnosis of Generalized Anxiety Disorder and recommend treatments.