

## Questionnaire 2 (GAD-7)

Over the last 2 weeks, on how many days have you been bothered by any of the following problems?

WEEK: \_\_\_\_\_

DATE: \_\_\_\_\_

TOTAL: \_\_\_\_\_

The logo for MindWell, featuring the word "MindWell" in white text inside a purple oval.

	Not at all	Several days	More than half the days	Nearly every day
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 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