

Generalized Anxiety Disorder Assessment (GAD-7)



SANGPARTH

NERVOUS SYSTEM COACH | SPEAKER | CONSULTANT



I'm Sangheetha Parthasarathy

Nervous System Therapist & Coach
Somatic Experiencing Practitioner

I help busy, successful, deep thinkers and feelers powerfully connect the dots of their own life and that of others through nervous system regulation, trauma healing, and power wound transformation so that they can experience authenticity and deeper connection in the boardroom, bedroom, and in parenthood.

GAD - 7 Anxiety

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	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 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

Column Totals + + + =
Total Score

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?			
Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

Disclaimer: This assessment is for information only and should not be used for the diagnosis or treatment of medical conditions. Consult a doctor or other health care professional for diagnosis and treatment of medical conditions.

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues.

Our nervous system is the common denominator in the human experience and is the underlying factor in all of our physical and psychological distress. My signature framework is custom-made for the successful south asian woman - and includes evidence-based protocols such as the safe-and-sound protocol and Somatic Experiencing, as well as early attachment work, and is very neurodivergent-friendly.

My program is fully 1:1, you will work with me and my team of global experts and can help heal anxiety by addressing the physiological dysregulation that underlies it, as well as heal trauma and power wounds. Are you interested in learning more?

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*Ready to heal your
Anxiety?*

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