

## GENERALISED ANXIETY DISORDER (PHQ-9 & GAD-7)

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Generalised Anxiety Disorder is characterised as a persistent and excessive worry about numerous different things, often the intrusive thought overwhelmed the person leading to many other health problems. If you suspect that you might be suffering from GAD, complete the questionnaires below. Please, note that this questionnaire is not a replacement of any qualified medical or psychiatric practitioners. This resource is an indicator for the therapeutic services only.

Over the course of two weeks, how often have you experienced the following problems?		Not at all	For several days	More than half the days	Nearly everyday
1	Showing little interest or pleasure in doing previously enjoyable things.	0	1	2	3
2	Feeling down, depressed or low moods.	0	1	2	3
3	Having trouble falling asleep, insomnia, sleeplessness or disturbed sleep.	0	1	2	3
4	Feeling tired, lethargic, or having little energy.	0	1	2	3
5	Having poor appetite, no taste, or over-eating/under-eating.	0	1	2	3
6	Feeling bad about oneself, feel like a failure or feel unworthy.	0	1	2	3
7	Feel worthless, hopeless or helpless.	0	1	2	3
8	Having trouble concentrating, focusing or lack of attention.	0	1	2	3
9	Moving slowly, speaking slowly and slow thinking or distracted.	0	1	2	3
10	Having suicidal thoughts, self-defeating thoughts, or self-harming thoughts.	0	1	2	3
<b>Total (PHQ-9) Score:</b>					

Add up the scores in each column. If your answer is mostly in the column in the far-right, 'Nearly every day,' it is advisable that you seek a professional intervention to help you manage your feeling, emotions and thoughts. Talking therapy, counselling or psychotherapy are highly effective to help you explore some of the underlying psychological causes to the problems.

For more details about how I can help you. Please complete the contact form or give me a call.

Over the course of two weeks, how often have you experienced the following problems?		Not at all	For several days	More than half the days	Nearly everyday
1	Feeling nervous, anxious or on edge.	0	1	2	3
2	Not being able to stop or control worrying thoughts and emotions.	0	1	2	3
3	Worrying too much about different things and everything.	0	1	2	3
4	Worrying about something in the future or that haven't happened yet.	0	1	2	3
5	Having trouble relaxing.	0	1	2	3
6	Being restless, listless, and having difficulty sitting still, or sitting down.	0	1	2	3
7	Being agitated, fidgety, jittery or jumpy.	0	1	2	3
8	Being easily annoyed, irritable, aggressive and angry for no reason.	0	1	2	3
9	Having a bodily reaction, sweating, shaking, trembling, or racing heartbeat.	0	1	2	3
10	Feeling fearful, afraid or frightened about an imminent danger.	0	1	2	3
<b>Total (GAD-7) Score:</b>					

Add up the scores in each column. If your answer is mostly in the column in the far-right, 'Nearly every day,' it is advisable that you seek a professional intervention to help you manage your feeling, emotions and thoughts. Talking therapy, counselling or psychotherapy are highly effective to help you explore some of the underlying psychological causes to the problems.

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