After you get a GAD-7 score

Use these steps to turn a GAD-7 total into a useful conversation with a clinician.

- [ ] Add the seven answers, each scored 0 to 3, to get a total from 0 to 21.
- [ ] Write down the total, the date and any answers that scored 2 or 3.
- [ ] Remember that 10 or higher is the usual cut point for follow-up.
- [ ] Treat the score as a screen, not a diagnosis.
- [ ] Note how often symptoms interfere with work, sleep or relationships.
- [ ] List medicines, supplements, caffeine and alcohol use for the clinician.
- [ ] Book a visit with a primary care or mental health professional.
- [ ] Repeat the questionnaire after a few weeks and share both results.
- [ ] Call or text 988 in the US if you feel unsafe or have thoughts of suicide.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/mental-health/gad-7-score-meaning/