

GAD - 7

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?]

Please CIRCLE your answers.

| | | Not at all 0 | Several days 1 | More than half the days 2 | Nearly every day 3 |
|---|---|-----------------|----------------------|------------------------------------|--------------------------|
| 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 |

For Office Coding: Total Score: T + + +

Does anxiety or low mood or distress about your diabetes make it difficult for you to manage your diabetes? Yes or No?