



ACCORDS

ADULT AND CHILD CENTER FOR OUTCOMES
RESEARCH AND DELIVERY SCIENCE

UNIVERSITY OF COLORADO
CHILDREN'S HOSPITAL COLORADO

Use of the GAD-7 Screening tool in the Nurse Family Partnership Programme

Generalised Anxiety Disorder is a chronic impairing and highly co-morbid psychiatric condition. The GAD 7 is a screening and diagnostic tool for Generalised Anxiety Disorder.

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In the Nurse Family Partnership Programme, it is used as a screening tool only

Scoring of 5,10 and 15 are taken as the cut off points for mild, moderate and severe anxiety respectively

Used as a screening tool, further evaluation is recommended when a score is 10 or greater.

Using the threshold score of 10, the GAD-7 has a sensitivity* of 89%

(*sensitivity – measures how well a test identifies true positive cases)

Further Reading /References

1. Swinson RP; The GAD-7 scale was accurate for diagnosing generalised anxiety disorder. Evid Based Med. 2006 Dec 11(6):184.
2. Spitzer RL, Kroenke K, Williams JB, et al; A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006 May 22 166(10):1092-7.
3. Kroenke K, Spitzer RL, Williams JB, et al; Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007 Mar 6