

## General Anxiety Disorder-7 Patient Survey:

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### PTSD:

The following is a list of problems that people sometimes have in response to a very stressful experience. Keeping your worst event in mind, please read each problem carefully and then select one of the answers to indicate how much you have been bothered by that problem in the past month.

#### In the past month, how much were you bothered by:

Repeated, disturbing, and unwanted memories of the stressful experience?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Repeated, disturbing dreams of the stressful experience?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Feeling very upset when something reminded you of the stressful experience?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Avoiding memories, thoughts, or feelings related to the stressful experience?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Trouble remembering important parts of the stressful experience?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Blaming yourself or someone else for the stressful experience or what happened after it?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Having strong negative feelings such as fear, horror, guilt, or shame?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Loss of interest in activities that you used to enjoy?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Feeling distant or cut off from other people?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Irritable behavior, angry outbursts, or acting aggressively?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Taking too many risks or doing things that could cause you harm?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Being “superalert” or watchful or on guard?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Feeling jumpy or easily startled?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Having difficulty concentrating?

- ☐ Not at all
- ☐ A little bit
- ☐ Moderately
- ☐ Quite a bit
- ☐ Extremely

Trouble falling asleep or staying asleep?

- ☐ Not at all
  - ☐ A little bit
  - ☐ Moderately
  - ☐ Quite a bit
  - ☐ Extremely
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**Anxiety:**

The following questions will ask you about your anxiety over the past two weeks.

**Over the last two weeks, how often have you been bothered by the following problems?**

Feeling nervous, anxious, or on edge

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly everyday

Not being able to stop or control worrying

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly everyday

Worrying too much about different things

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly everyday

Trouble relaxing

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly everyday

Becoming easily annoyed or irritable

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly everyday

Feeling afraid, as if something awful might happen

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly everyday