

GAD-7

Hoe dikwels het u die afgelope twee weke probleme met die volgende gehad?

(Gebruik "✓" om jou antwoord aan te dui)

	Glad nie	'n Paar dae	Meer as die helfte van die dae	Bykans elke dag
1. Senuagtig, angstig of gespanne gevoel	0	1	2	3
2. Kon nie ophou om bekommerd te wees nie	0	1	2	3
3. Oormatig bekommerd oor verskillende goed	0	1	2	3
4. Sukkel om te ontspan	0	1	2	3
5. Só rusteloos dat dit moeilik is om stil te sit	0	1	2	3
6. Raak maklik vies of geïrriteerd	0	1	2	3
7. Voel bang asof iets aakligs kan gebeur	0	1	2	3

(For office coding: Total Score T_____ = _____ + _____ + _____)

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

(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
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. Having 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 _____ = _____ + _____ + _____)