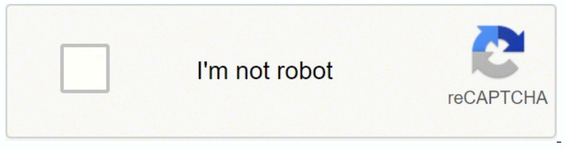

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Anxiety disorder questionnaire pdf

Table 1 Overlap between DSM-5 and Kraepelin's views of OCD

DSM-5 criteria for OCD	Kraepelin's view
A. "Presence of obsessions, compulsions, or both"	√
Obsessions	
Are "recurrent and persistent thoughts, urges, or impulses [...]"	√
Are "intrusive and unwanted"	√
"Cause marked anxiety or distress" in most individuals	√
Are associated with "attempts to ignore or suppress [...]" or "to neutralize them with some other thought or action (i.e., by performing a compulsion)"	√
Compulsions	
Are "repetitive behaviors [...] or mental acts [...]"	√
Occur "in response to an obsession or according to rules [...]"	√
Are "aimed at preventing or reducing anxiety or distress or [...] some dreaded event or situation"	√
Are "not connected in a realistic way with what they are designed to neutralize or prevent or are clearly excessive"	√
"Young children may not be able to articulate the aims of these behaviors or mental acts."	√
B. Symptoms are "time-consuming (e.g., take up more than 1 h per day) or cause clinically significant distress or impairment [...]."	√
C. Symptoms "are not attributable to the physiological effects of a substance [...] or another medical condition."	-
D. Symptoms are "not better explained by [...]"	
Excessive worries (as in generalized anxiety disorder)	-
Preoccupations with appearance (as in body dysmorphic disorder)	-
Difficult discarding (as in hoarding disorder)	-
Hair pulling and skin picking (as in TEDs)	√
Stereotypies (as in stereotypic movement disorders)	√
Ritualized eating behaviors (as in eating disorders)	√
Preoccupation with substances or gambling (as in SRAD)	√
Preoccupation with having an illness (as in illness anxiety disorder)	√
Sexual urges or fantasies (as in paraphilic disorders)	√
Impulses (as in disruptive, impulse-control, and conduct disorders)	√
Guilty ruminations (as in major depressive disorder)	√
Thought insertion or delusional preoccupations (as in SSOPD);	-
Repetitive patterns of behavior (as in autism spectrum disorder)	-
Specifiers	
"With good or fair [...], poor [...], or absent insight (i.e., with delusional beliefs)"	√
"Tic-related: the individual has a current or past history of a tic disorder"	√

OCD = obsessive-compulsive disorder; SRAD = substance-related and addictive disorders; SSOPD = schizophrenia spectrum and other psychotic disorders; TED = trichotillomania and excoriation disorders.

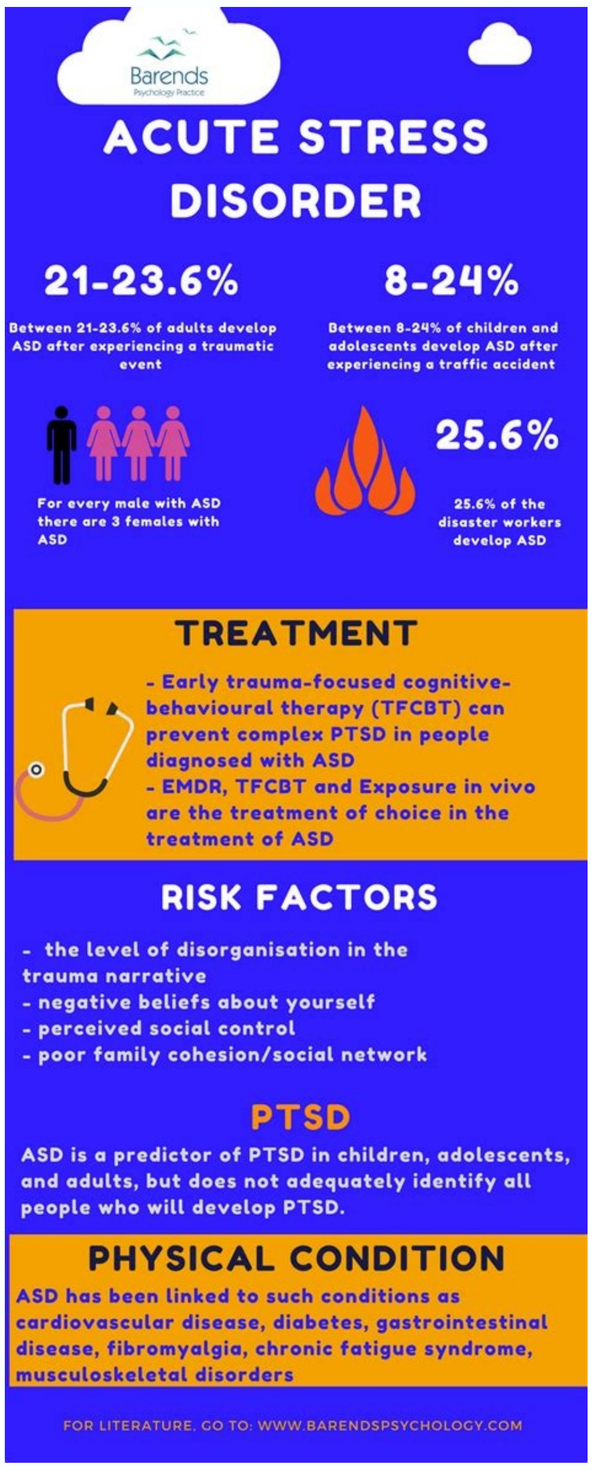
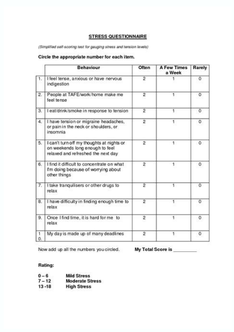


Table 2. Relationship Between GAD-7 Severity Score and SF-20 Health-Related Quality of Life Scales*

Level of Anxiety Severity GAD-7 Scale Score	Mean (95% Confidence Interval) SF-20 Scale Score					
	Mental	Social	Role	General	Pain	Physical
Minimal						
0-4 (n = 1182)	82 (81-83)	91 (89-92)	84 (82-86)	68 (67-69)	71 (70-72)	84 (82-85)
Mild						
5-9 (n = 511)	65 (64-66)	79 (77-81)	69 (66-73)	52 (50-54)	56 (54-58)	74 (72-76)
Moderate						
10-14 (n = 264)	54 (52-55)	69 (66-71)	59 (54-63)	43† (40-45)	51† (48-54)	66† (63-69)
Severe						
5-21 (n = 171)	41 (39-43)	55 (52-59)	46 (40-52)	39† (36-43)	47† (43-50)	61† (58-65)

Abbreviations: GAD-7, generalized anxiety disorder 7-item scale; SF-20, Medical Outcomes Study Short-Form General Health Survey.
*SF-20 scores are adjusted for age, sex, race, education, and study site. Point estimates for the mean and 95% confidence intervals (±1.96 × standard error of the mean) are displayed. Number of patients adds to 2128 because of missing data. Missing data for any subscale of SF-20 was less than 5%.
†Pairwise comparisons within each scale that are not significant from one another. However, most pairwise comparisons of mean SF-20 scores with each GAD-7 scale level within each scale are significant at $P<.05$ by using a Bonferroni correction for multiple comparisons.



STRESS QUESTIONNAIRE

(Simplified self-scoring test for gauging stress and tension levels)

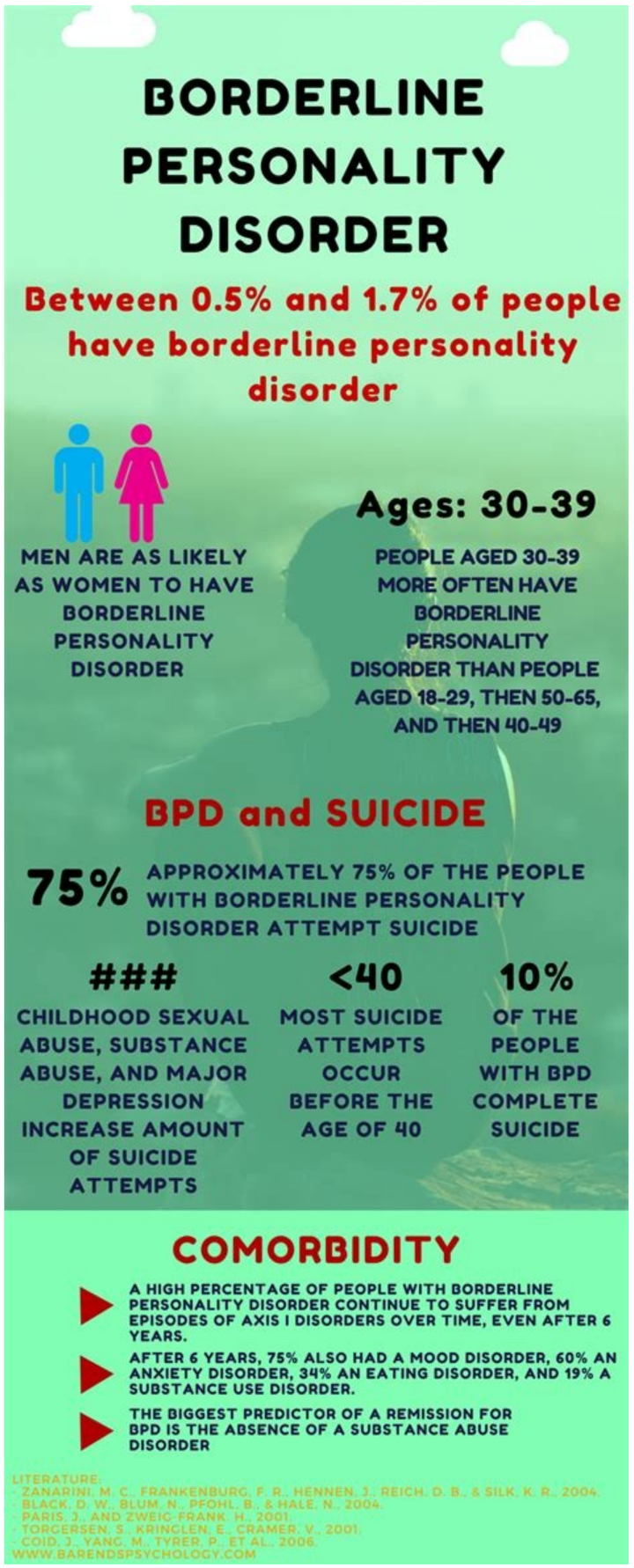
Circle the appropriate number for each item.

	Behaviour	Often	A Few Times a Week	Rarely
1.	I feel tense, anxious or have nervous indigestion	2	1	0
2.	People at YAFE/work/home make me feel tense	2	1	0
3.	I scratch/smoke in response to tension	2	1	0
4.	I have tension or migraine headaches, or pain in the neck or shoulders, or insomnia	2	1	0
5.	I can't turn off my thoughts at nights or on weekends long enough to feel relaxed and refreshed the next day	2	1	0
6.	I find it difficult to concentrate on what I'm doing because of worrying about other things	2	1	0
7.	I take tranquilizers or other drugs to relax	2	1	0
8.	I have difficulty in finding enough time to relax	2	1	0
9.	Once I find time, it is hard for me to relax	2	1	0
10.	My day is made up of many deadlines	2	1	0

Now add up all the numbers you circled. **My Total Score is** _____

Rating:

0 – 6 **Mild Stress**
7 – 12 **Moderate Stress**
13 -18 **High Stress**



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(2008) corroborated the 1dimensional structure of GAD-7 and its factorial invariability for sex and age. H., ÃÂ¦ Strawn, J. J., Schroeder, H. Research indicates that the GAD-7 shows excellent internal consistency (Spitzer, Kroenke, Williams, & Löwe, 2006) Degree to which the same respondents have the same score after a period in which a trait should not have changed. The Generalized Anxiety Disorder Assessment (GAD-7) is a seven-point tool used to measure or evaluate the severity of generalized anxiety disorder (GAD). Medical Care, 46 (3), 266-274, DOI: 10.1097/MLR.0b013e318 160d093 Mossman, S. K., Varney, S. GAD-7 for all seven items ranges from 0 to 21. Journal of Affective Disorders, 128 (3), 277-286 T., Fleck, D. The highest GAD-7 scores are correlated with disability and functional impairment (in measures such as labor productivity and health care utilization) (Spitzer et al., 2006; Ruiz et al., 2011). Translation The GAD-7 is available in several languages. The GAD-7 shows good test-retest reliability (Spitzer et al., 2006).Criterion validity Extent to which a measure is related to an outcome The GAD-7 is a useful tool with strong criterion validity for identifying possible cases of GAD (Spitzer et al., 2006).Construct validity Extent to which a test measures what it claims, or purports, to measure Ã LÃÂ¶we et al. 2007).Validity and reliabilityLowe et al. A brief measure to assess generalized anxiety disorder: the GAD-7. (2006). B., & LÃÂ¶we, B. Terms of use GAD-7 is free of charge. 2,7 (3,2); P < 0,001]. Confirmatory factor analyses corroborated the unidimensional structure of the GAD-7. E., Barzman, D. A Brief Measure for Evaluating Generalized Anxiety Disorder: GAD-7. Archives of internal medicine, 166 (10), K, Spitzer RL, Williams JB, et al; Anxiety disorders disorders Primary care: prevalence, deterioration, comorbidity and detection. LÃfÂ¶we, B., Decker, O., Muller, S., Brahler, E., Schellburg, D., Herzog, W. Validation and standardization of GAD-7. Y. L., Kroenke, K., Williams, J. (2017). Administration GAD-7 is a self-administered patient questionnaire and it takes approximately 1-2 minutes to complete. (2008). The evaluation of GAD-7 requests patients to evaluate their level of symptoms in the last two weeks. That is why you can find many online versions of GAD-7 in your Internet search. Find out more here GAD-7 score is calculated by assigning 0, 1, 2 and 3 scores, to the response categories of Ã ¢ â, Â "not at all, Ã ¢ â, ¬" Day time "," More than half of the days ", and" all days ", respectively, and then adding the scores for the seven questions. When used as a detection tool, an additional evaluation is recommended when the score is 10 or more. Your 10 GAD-7 cutting score can be used as a detection tool for three other common anxiety disorders: Navy disorder (74% sensitivity, specificity 81%), social anxiety disorder (72% sensitivity, specificity 80 %) and post-traumatic stress disorder (66% sensitivity, 81% specificity) (Kroenke, et al. Validation and standardization of generalized upset anxiety (GAD-7) in the general population. Concurrent validity if a measure It correlates well with a measure that has been previously validated, GAD-7 produced important intercorections with the pHQ-2 and Rosenberg Self-Stimine Scale (LÃfÂ¶ we et al., 2008) Degree of convergent validity to which they relate The two measures of constructions that must be related, in fact, are related. The generalized anxiety disorder of 7 elements in adolescents with generalized anxiety disorder: detection of signals and validation. 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