



## **The Carroll-Davidson Generalized Anxiety Disorder Scale (CD-GAD)<sup>1</sup>**

The CD-GAD consists of twelve questions covering emotional and physical symptoms, symptom impact on daily life, and symptom severity. The screening asks about things individuals may have felt most days in the past six months.

### Sample symptoms include:

- Most days I worry about lots of things.
- I have trouble concentrating.
- Were the things you noted above bad enough that you thought about getting help for them?

Individuals indicate Yes or No.

Scoring assigns each answer a numerical value and adds the total value of responses to the twelve questions:

- Yes = 1
- No = 0

### Interpretation:

- 0-5: symptoms are not suggestive of GAD. A complete evaluation is not recommended
- 6-12: symptoms are suggestive of Generalized Anxiety Disorder. A complete evaluation is recommended.

### Notes:

- Studies have shown that patients with a score of 6 or above who did not have a final diagnosis of Generalized Anxiety Disorder often had other important psychiatric problems, such as major depression or another anxiety diagnosis.
- A score of 0-2 during treatment of a patient with GAD is consistent with remission of the disorder.

<sup>1</sup> 2000 by B.J. Carroll, MD, PhD. and Jonathan R.T. Davidson, MD