

一般焦慮症問卷

(GAD-7 Chinese – traditional)

以下問題詢問了您在過去兩周內出現焦慮癥狀的頻率和嚴重程度。請回答以下問題，幫助我們為您提供最好的醫療服務。

在過去的 2周 里，您多久被以下問題困擾一次？	一點也不	幾天	超過一半的天數	幾乎每天
1. 感到緊張、焦慮或緊張	0	1	2	3
2. 無法停止或控制擔憂	0	1	2	3
3. 太擔心不同的事情	0	1	2	3
4. 放鬆困難	0	1	2	3
5. 焦躁不安，難以靜坐	0	1	2	3
6. 變得容易煩惱或煩躁	0	1	2	3
7. 感到害怕，好像可能會發生可怕的事情	0	1	2	3
所有答案的總分： _____				
如果您檢查了任何問題，這些問題對您完成工作造成了多大困難，請處理好事情家，還是與其他人相處？	一點也不難	有點困難	非常困難	極難

癥狀是什麼時候開始的？ _____

For the clinician:

Scoring and Interpretation:

1 – 4 points	5 - 9 points	10 – 14 points	15 – 21 points
Minimal anxiety	Mild anxiety	Moderate anxiety	Moderate to severe anxiety
Treatment for anxiety may not be clinically indicated.	Therapist uses clinical judgement about treatment needs based upon knowledge of the client, duration and severity of symptoms	Treatment goals and interventions target the specific symptoms indicated by client's answers.	Treatment goals and interventions target the specific symptoms indicated by client's answers. This score often warrants treatment using medication, therapy, or both.

References:

- Spitzer RL, Kroenke K, Williams JB, Lowe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Archives of internal medicine. May 22 2006;166(10):1092-1097. PMID: 16717171
- Kroenke K, Spitzer RL, Williams JB, Monahan PO, Lowe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Annals of internal medicine. Mar 6 2007;146(5):317-325. PMID: 17339617
- Lowe B, Decker O, Muller S, et al. Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. Medical care. Mar 2008;46(3):266-274. PMID: 18388841