

## Assessment Report

**Practice:** Mindful Psychology  
**Practitioner:** Dr Sarah Johnson  
**Client:** Alex Carter  
**Date:** 26/04/2026

*EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.*

## GAD-2 — Generalized Anxiety Disorder-2

A 2-item ultra-brief screener for anxiety, using the first two items of the GAD-7.

### RESULTS



### INTERPRETATION

**Current score: 4, positive screen, as per the GAD-2 author/publisher guidelines.**

### ABOUT THIS ASSESSMENT

#### Clinical Purpose

The GAD-2 is a 2-item ultra-brief anxiety screening tool comprising the first two items of the GAD-7. It assesses the frequency of feeling nervous/anxious and uncontrollable worry over the past two weeks. A positive screen (score  $\geq 3$ ) warrants further assessment with the full GAD-7.

#### Origins & Development

Derived from the GAD-7 by Kroenke, Spitzer, Williams, and Löwe (2007). Validated with sensitivity of 86% and specificity of 83% for Generalised Anxiety Disorder. Also demonstrates moderate sensitivity for panic disorder (76%), social anxiety disorder (70%), and PTSD (59%).

#### Australian Context

Used as a quick screening option in Australian general practice. The combination of GAD-2 and PHQ-2 (as the PHQ-4) is practical for Australian time-pressured general practice consultations, particularly during standard-length Medicare rebated appointments.

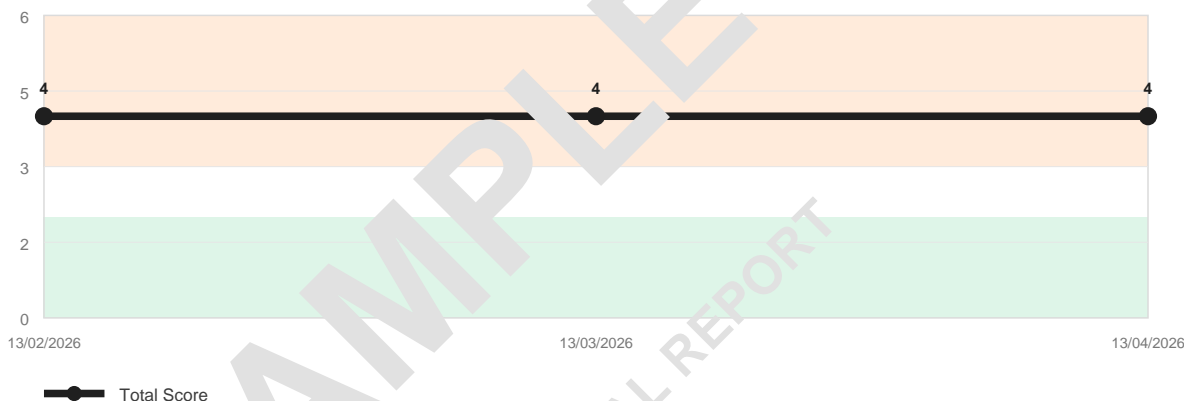
### SCORE HISTORY

Date	Score	Severity
13/02/2026	4	positive screen
13/03/2026	4	positive screen
13/04/2026	4	positive screen



Assessment Report

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious, or on edge	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

1. Kroenke K, Spitzer RL, Williams JBW, Monahan PO, Lowe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. *Ann Intern Med.* 2007;146(5):317-325.
2. Plummer F, Manea L, Trepel D, McMillan D. Screening for anxiety disorders with the GAD-7 and GAD-2: a systematic review and diagnostic metaanalysis. *Gen Hosp Psychiatry.* 2016;39:24-31.

ACKNOWLEDGEMENT & LICENSING

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