



Assessment Report

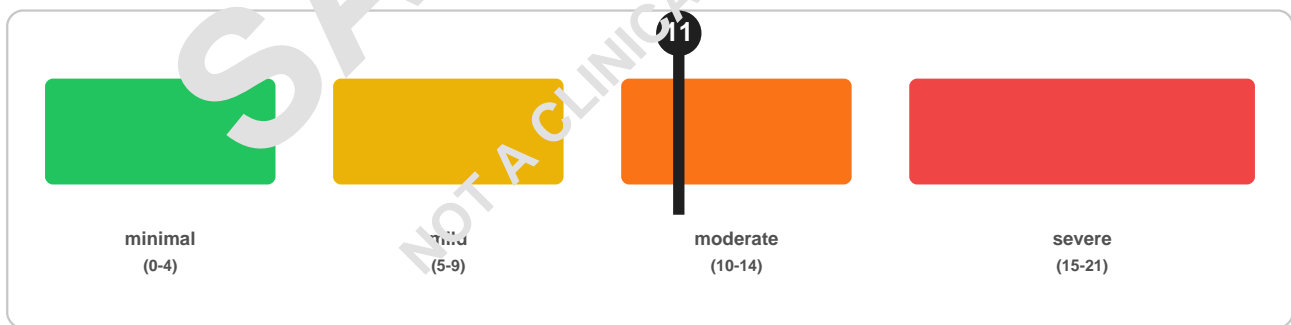
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

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

GAD-7 — Generalized Anxiety Disorder-7

A 7-item screening tool for generalized anxiety disorder

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 11, moderate, as per the GAD-7 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The GAD-7 is a 7-item self-report screening tool for Generalised Anxiety Disorder and a measure of anxiety symptom severity. It captures the core diagnostic criteria for GAD including excessive worry, restlessness, difficulty concentrating, irritability, muscle tension, and sleep disturbance. It is also sensitive to panic disorder, social anxiety, and PTSD symptoms.

Origins & Development

Developed by Robert Spitzer, Kurt Kroenke, Janet Williams, and Bernd Löwe, published in 2006. Validated in a sample of 2,740 adult primary care patients, demonstrating strong internal consistency (Cronbach alpha = 0.92), test-retest reliability (ICC = 0.83), and good sensitivity (89%) and specificity (82%) at a cutoff of 10 for detecting GAD. Convergent validity was supported by correlations with the Beck Anxiety Inventory (r = 0.72).

Australian Context

Widely used across Australian primary care and mental health services. The RACGP clinical guidelines reference the GAD-7 for anxiety assessment, and it is accepted alongside the PHQ-9 as supporting documentation for Medicare Better Access referrals. Black Dog Institute and Beyond Blue recommend it for routine anxiety screening.

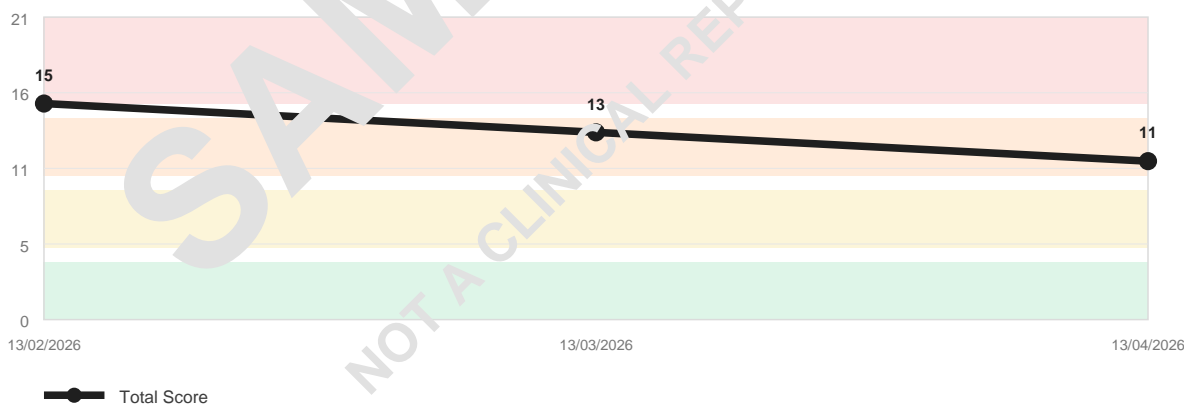


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SCORE HISTORY

Date	Score	Severity
13/02/2026	15	severe
13/03/2026	13	moderate
13/04/2026	11	moderate

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"/>
3	Worrying too much about different things	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5	Being so restless that it is hard to sit still	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Becoming easily annoyed or irritable	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Feeling afraid, as if something awful might happen	<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

- Spitzer RL, Kroenke K, Williams JBW, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med. 2006;166(10):1092-1097.
- Löwe B, Decker O, Müller S, et al. Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. Med Care. 2008;46(3):266-274.



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3. 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.

4. Stocker R, Tran T, Hammarberg K, Nguyen H, Rowe H, Fisher J. Patient Health Questionnaire 9 (PHQ-9) and General Anxiety Disorder 7 (GAD-7) data contributed by 13,829 respondents to a national survey about COVID-19 restrictions in Australia. *Psychiatry Res*. 2021;298:113792. doi:10.1016/j.psychres.2021.113792.

ACKNOWLEDGEMENT & LICENSING

Public domain. Developed by Drs. Robert L. Spitzer, Grotzer Kroenke, Janet B.W. Williams, and Bernd Löwe. No permission required.

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