

Screening for Anxiety

Anxiety disorders are the most common mental disorders in the United States. Although many patients may present to their primary care provider with nonspecific physical symptoms that are consistent with depression or anxiety, such as poor sleep or poor appetite, pain, or digestive problems, their comorbid diagnosis of anxiety may go unrecognized. Screening patients on a regular basis can identify common BH conditions like anxiety earlier and improve both the mental and physical health of our patient population.

Who Should I Screen?

The US Preventive Service Task Force (USPSTF) recommends screening for anxiety in the general adult population age 64 years or younger, including pregnant and postpartum persons, and in children and adolescents aged 8 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.

Did you know?

- Anxiety disorders are the most common mental disorder in the U.S.
- Over 40 million adults experience an anxiety disorder each year
- Anxiety disorders can develop for a number of reasons, including genetics, brain chemistry, and life events
- Only about 1/3 of those suffering receive treatment

Step	Description
Confirmation of Eligibility and Benefits	Prior to the patient visit, eligibility is verified, and patient benefits are confirmed.
Patient Arrives for Scheduled Appointment	Patient presents with chief complaint(s) and medical assistant asks patient/family about any BH concerns.
Screening for BH	BH screening performed (incorporated as a part of the office visit)
BH Positive Indication	Positive screen (indicating depression, substance use, etc)
Discussion with Patient	Physician discusses the diagnosis/status with the patient and/or caregivers and recommends BH services and treatment.
BH Coordination and Collaboration of Care	Care manager meets with the patient and collaborates with treating practitioners for the episode of care (based on severity and risk). If applicable, care manager provides patient education about available resources.
Care Oversight	Physician continues to oversee the patient's care, including prescribing medications, treating medical conditions, and making referrals to specialty care.

GAD-7 Anxiety

Over the last two weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
Column totals:	_____	+_____	+_____	+_____

Total Score:

If you checked off any problems, how difficult have these problems made it for you to do work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively of "not at all", "several days", "more than half the days", and "nearly every day". GAD-7 total score for the seven items ranges from 0 to 21.

0-4: minimal anxiety	10-14: moderate anxiety
5-9: mild anxiety	15-21: severe anxiety