



SAMPLE REPORT

PREMIUM REPORT

Anxiety Screening (GAD-7)

Neurodevelopmental Screening Report

PREPARED FOR

Ana Santos

Report date: February 24, 2026



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Anxiety Screening (GAD-7)

Neurodevelopmental Screening Report

14

/ 21

Score

67%

Percentage

Moderate Anxiety

Result

Your responses indicate moderate anxiety that may be significantly impacting your daily functioning, relationships, or work.

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	Feeling nervous, anxious, or on edge Anxiety	Several days	1
2	Not being able to stop or control worrying Anxiety	Several days	1
3	Worrying too much about different things Anxiety	Several days	1
4	Trouble relaxing Relaxation	Several days	1
5	Being so restless that it is hard to sit still Restlessness	Several days	1
6	Becoming easily annoyed or irritable Irritability	Several days	1
7	Feeling afraid as if something awful might happen	More than half the days	2



#	Question	Your answer	Pts
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Fear



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Thank you for taking the time to complete this anxiety screening and for allowing yourself the honesty it requires. Reflecting on how anxiety shows up in daily life takes courage, and reaching a score in the moderate range simply means your responses point to a noticeable level of worry, tension, or unease that may be affecting your day-to-day comfort. Please know that anxiety, in its many forms, is one of the most common human experiences, and scoring in this range does not define who you are or predict your future. It simply offers a snapshot of what you may be feeling right now.

A score of 14 out of 21 on this screening tool suggests that anxiety symptoms — such as restlessness, difficulty relaxing, excessive worry, or irritability — may be appearing with enough frequency and intensity to be worth paying attention to. This result is not a diagnosis; rather, it is a helpful signal, like a check-engine light, indicating that some extra support or self-care attention could be beneficial. Many people move through periods like this, especially during times of stress, transition, or uncertainty, and recognizing it is an important first step toward feeling more grounded.

There are gentle, practical steps that can help ease some of this tension in the meantime. Building small moments of calm into your day — through deep breathing, short walks, or simply stepping away from screens — can help regulate your nervous system over time. Maintaining consistent sleep and movement routines also plays a powerful role in stabilizing mood and reducing anxious energy. Additionally, talking openly with a trusted friend, family member, or support group can help you feel less alone and more understood as you navigate these feelings.

Most importantly, consider reaching out to a licensed mental health professional, such as a therapist or counselor, who can offer personalized guidance and support tailored to your unique experience. They can help you explore what's underlying these feelings and develop strategies that truly fit your life. Please remember that seeking help is a sign of strength, not weakness — and with the right support, many people find real relief and a renewed sense of calm and confidence moving forward.

Recommendations



We recommend consulting a GP or mental health professional. Cognitive-Behavioral Therapy (CBT) is highly effective for anxiety. Do not wait - early support leads to better outcomes.

Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.