

Sample report

Anxiety Screening (GAD-7)

GAD7 · Screening questionnaire

Prepared for
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Date
February 24, 2026

Questions
7

Reference
00000006

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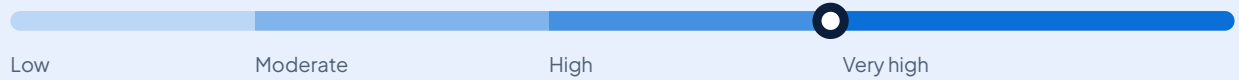
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Your result

14 / 21

Moderate Anxiety

67 % of the maximum score



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

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this anxiety screening and for being open to reflecting on how you've been feeling. Sitting with these questions and answering them honestly takes a real degree of self-awareness, and that matters. Many people carry feelings of worry, restlessness, or tension without ever pausing to name them or measure their impact, so simply engaging in this process is a meaningful step toward understanding yourself better.

Your score of 14 out of 21 falls into the range often described as moderate anxiety on this particular screening tool. In plain terms, this suggests that you may have been experiencing a noticeable level of worry, nervousness, or difficulty relaxing over the past couple of weeks, patterns that could be affecting your daily life, concentration, sleep, or sense of ease in a way that feels significant rather than fleeting. It's important to remember that a score like this is not a label or a diagnosis; it is simply a snapshot of how you've been feeling, based on your own responses, and it offers a useful starting point for further conversation and support.

There are gentle, practical steps you can take right now that many people find helpful. Building small moments of calm into your day, through deep breathing, a short walk, or a few minutes of mindfulness, can help regulate your nervous system over time. Paying attention to sleep, movement, and caffeine intake often has a surprisingly strong effect on anxious feelings, so small adjustments there can bring real relief. Journaling or talking with someone you trust about what's on your mind can also help you notice patterns and triggers, which is often the first step toward feeling more in control.

Please consider sharing these results with a licensed mental health professional, such as a therapist, counselor, or your primary care provider. They can offer a thorough evaluation and, if needed, a personalized plan of support that fits your unique circumstances. Reaching out is not a sign of weakness but an act of self-care and courage. With the right support, many people find real, lasting relief, and there is genuine reason for hope as you move forward on this path.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Moderate Anxiety

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.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a screening tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Your answers

Scale from “Not at all” to “Nearly every day”.

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