





## Scoring notes.

- **GAD-7 Anxiety Severity.**

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

Scores represent: **0-5 mild 6-10 moderate 11-15 moderately severe anxiety 15-21 severe anxiety.**

- **Core-10**

Key points in the scoring of the CORE-10 are as follows:

1. Each item within the CORE-10 is scored on a 5-point scale ranging from 0 ('not at all') to 4 ('most or all the time').
2. The clinical score is calculated by adding the response values of all 10 items.
3. Where there are missing data the clinical score is derived by calculating the total mean score (dividing the total score by the number of completed items) and multiplying by 10.
4. We do not recommend re-scaling the clinical score if more than one item is missing.
5. The minimum score that can be achieved is 0 and the maximum is 40.
6. The measure is problem scored, that is, the higher the score the more problems the individual is reporting and/or the more distressed they are.

**A score of 10 or below denotes a score within the non-clinical range and of 11 or above within the clinical range.** Within the non-clinical range we have identified two bands called 'healthy' and 'low' level distress. People may score on a number of items at any particular time but still remain 'healthy'. Similarly, people may score in the 'low' range which might be a result of raised pressures or particular circumstances but which is still within a non-clinical range. **Within the clinical range we have identified the score of 11 as the lower boundary of the 'mild' level, 15 for the 'moderate' level, and 20 for the 'moderate-to-severe' level. A score of 25 or over marks the 'severe' level.**

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. For research information, contact Dr. Spitzer at [rls8@columbia.edu](mailto:rls8@columbia.edu). PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission



Part 2: Please provide details of specific triggers and details of any medication you are taking.

To book a full assessment and cognitive behavioural therapy or counselling contact:

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