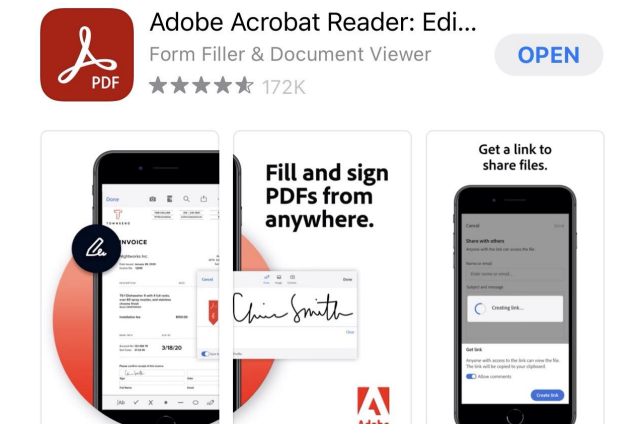


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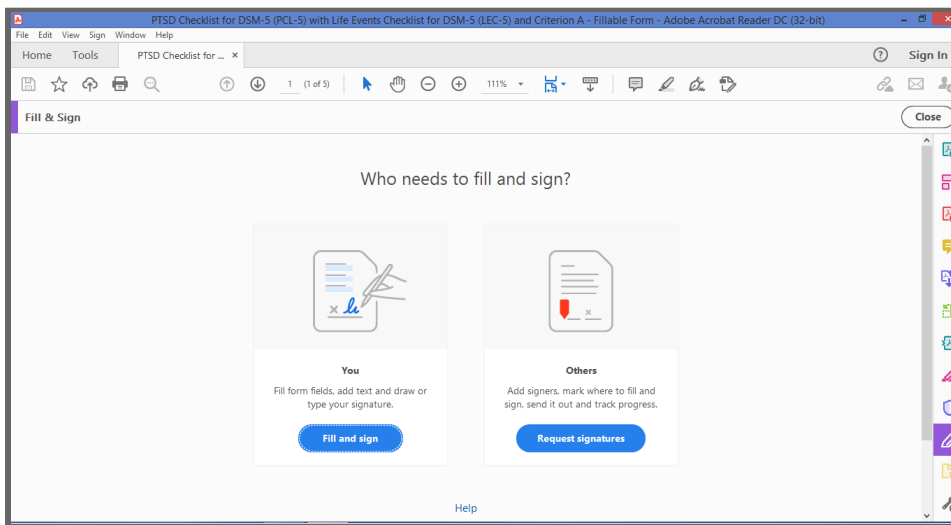
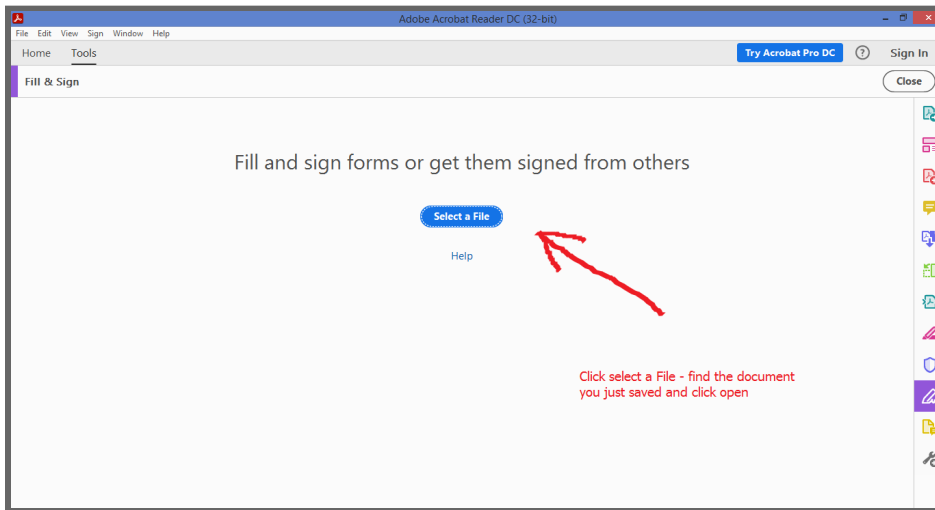
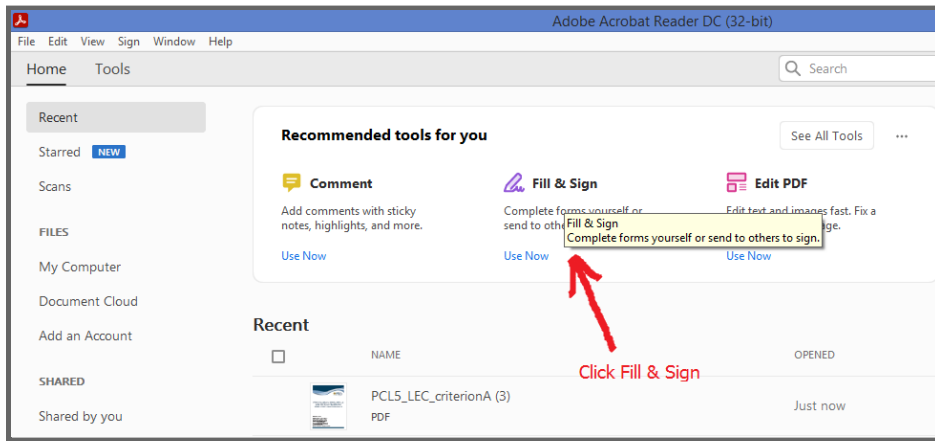
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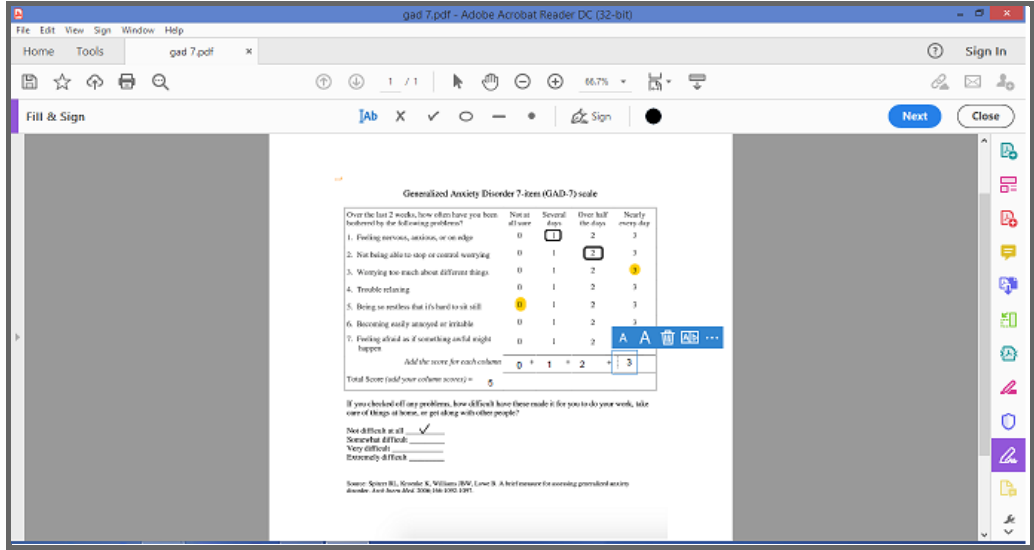
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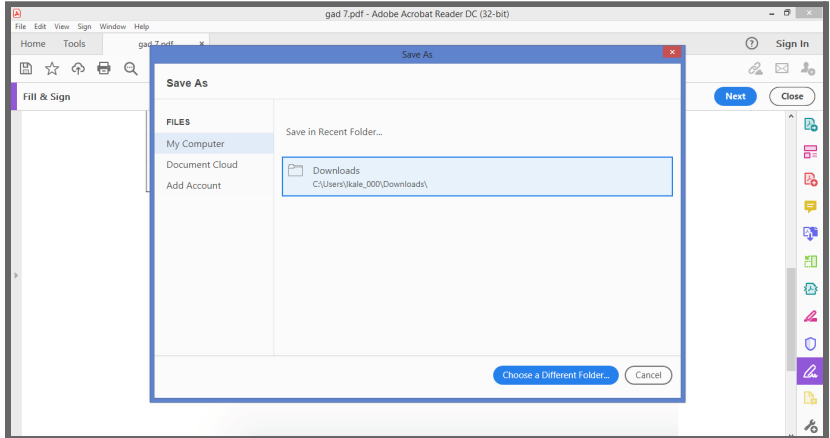
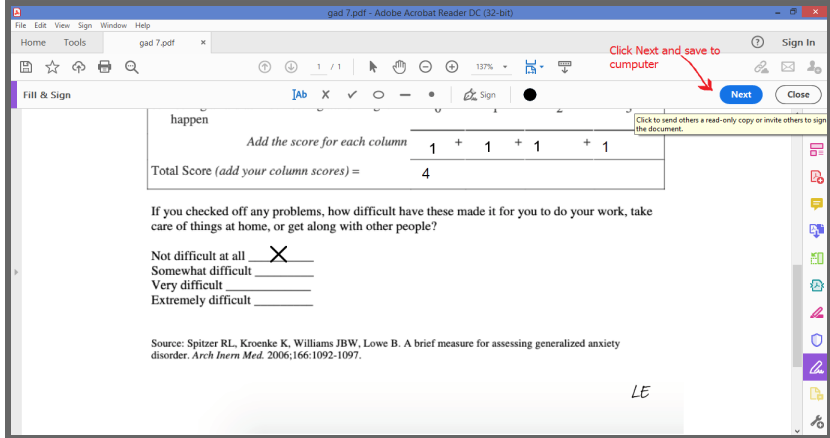
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- Fill out required fields.
- Once you've finished completing the document, download it to your computer and email a copy to your healthcare provider. On a cellphone, you can also email it directly from the document to a recipient.

Below is an example of a document in Adobe on a **computer**.....





The sample above shows that you can highlight an answer, circle/check/X it, or type a response. You are also able to adjust the size and location by moving the cursor onto the blue box. The icon “sign” will also allow you to electronically add your signature, either by typing it in or trying to use the cursor to write your name.



Below is an example of filling out a document in Adobe on a **cellphone**.....

Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over 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's 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
<i>Add the score for each column</i>	+	+	+	
Total Score (add your column scores) =				

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

Not difficult at all _____
Somewhat difficult _____
Very difficult _____
Extremely difficult _____

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med.* 2006;166:1092-1097.

Click on the blue button

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4. Trouble relaxing	0	1	2	3
5. Being so restless that it's 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
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Add the score for each column

	+	+	+	
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Click on either one to mark

|Ab ✓ X ● - ○ ↻

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