

SUPPLEMENTARY.

Appendix 3. Generalized Anxiety Disorder-7 (GAD-7) questionnaire

Aim: to assess the severity of generalized anxiety disorder using the self-reporting method.

The patient is asked to answer the question: *“Over the last two weeks, how often have you been bothered by any of the following problems?”*

Condition description	Not at all (0 points)	Several days (1 point)	More than half the days (2 points)	Nearly every day (3 points)
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it's hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				

Interpretation of results (total score)

Total score	Anxiety level
0–4	Minimal
5–9	Mild
10–14	Moderate
15–21	Severe