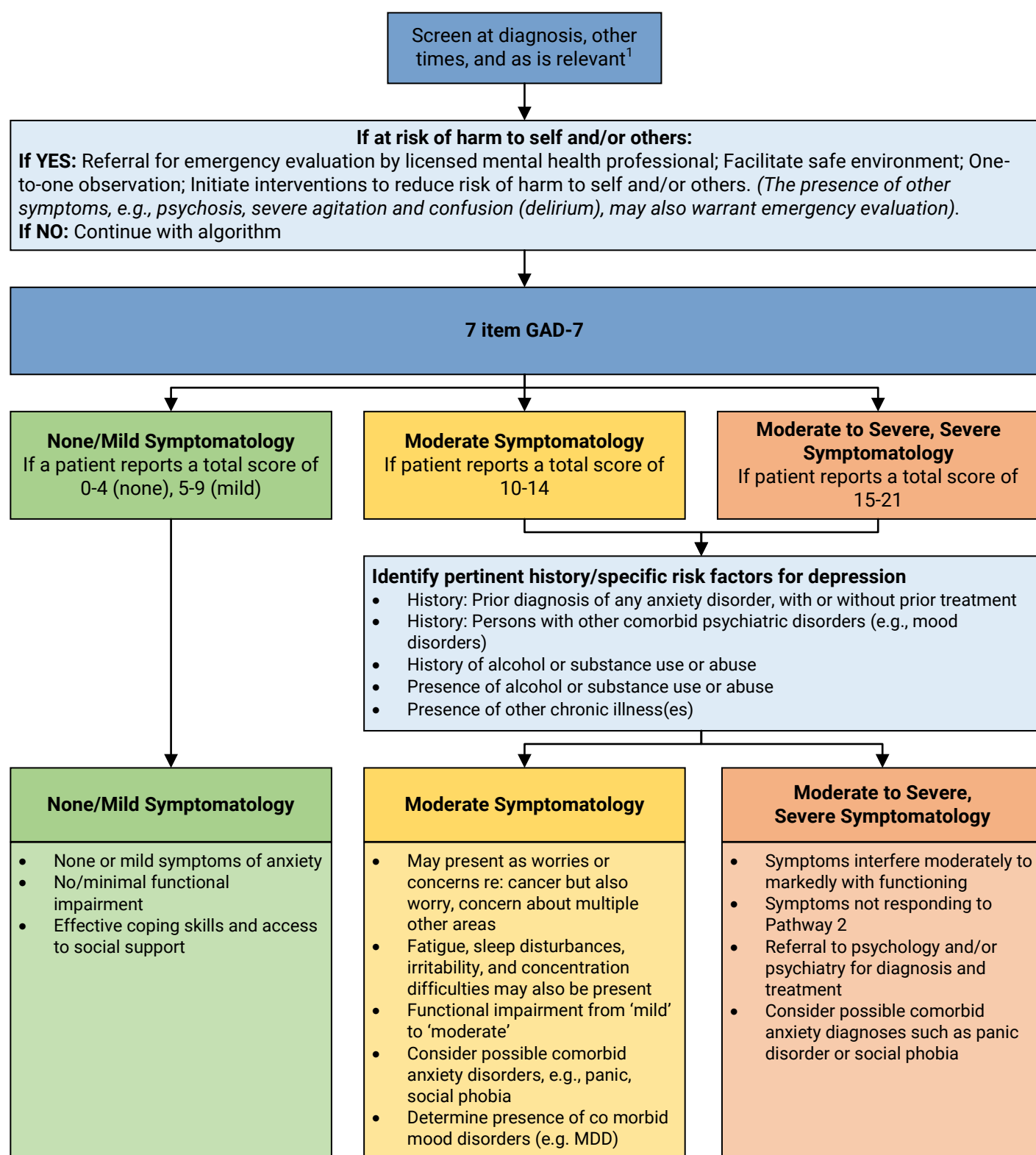


## Screening and Assessment: Anxiety in Adults with Cancer



**\*In this algorithm the use of the word anxiety refers to the GAD-7 scale scores and not to a clinical diagnosis of anxiety disorder(s).**

1. Initial diagnosis/start of treatment, regular intervals during treatment, 3, 6, and 12 months post treatment, diagnosis of at recurrence or progression, when approaching death and during times of personal transition or re-appraisal such as family crisis.<sup>1</sup>
2. Presence of symptom in the last two weeks, rated as follows: 0 = not at all, 1 = several days, 2 = more than half the days, and 3 = nearly every day. Content of items: feeling nervous, anxious, on edge; cannot stop/control worry; worry too much; trouble relaxing; restlessness; easily annoyed, irritable; and, feeling afraid. Final item regarding difficulty of the problems

**Note:** Reference for GAD-7 is Spitzer, R.L. et al. (2006).<sup>2</sup>

**Abbreviations.** GAD, generalized anxiety disorder; MDD, major depressive disorder

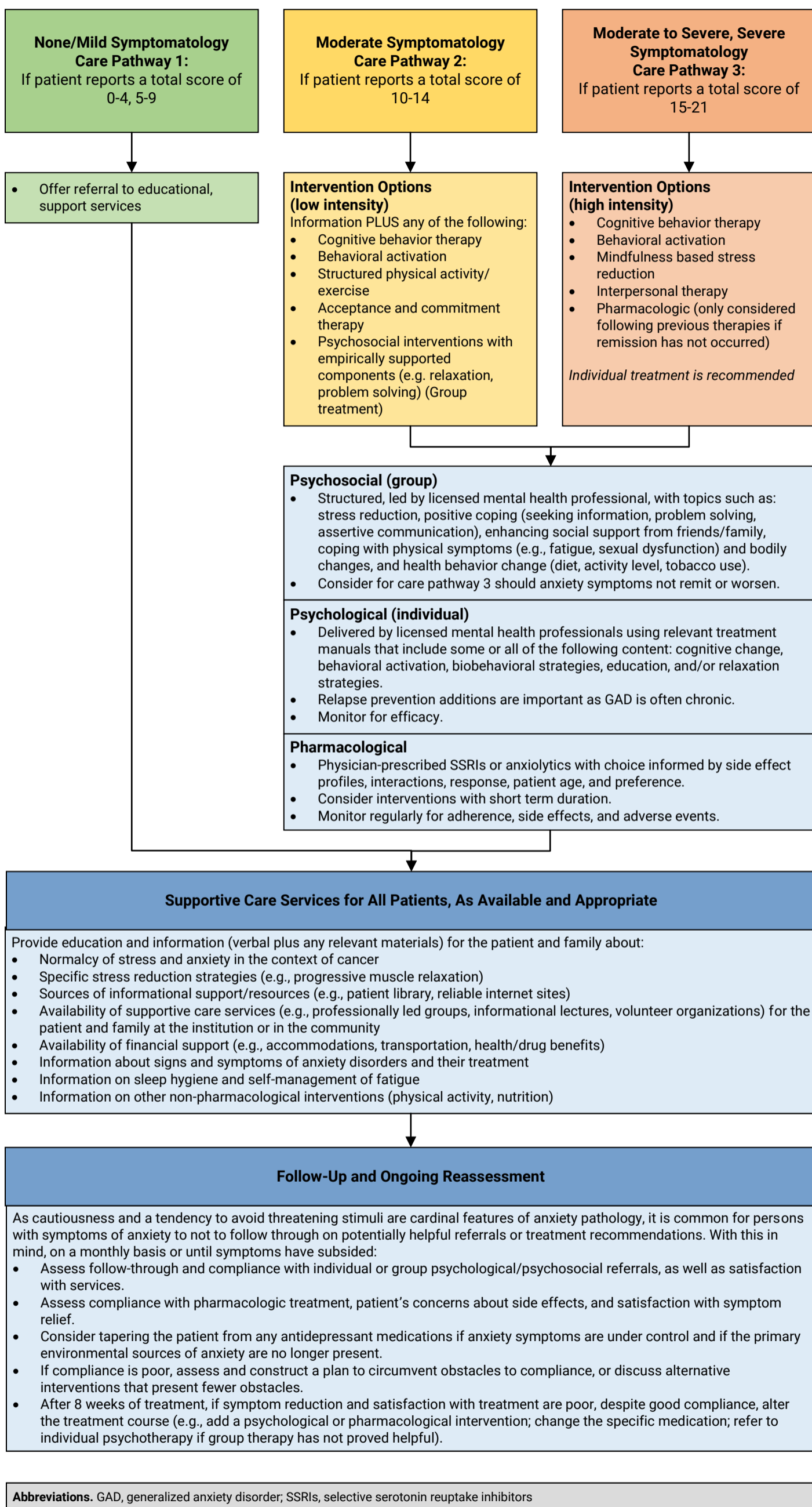
**References**

<sup>1</sup>Howell D, Currie S, Mayo S, Jones G, Boyle M, Hack T, Green E, Hoffman L, Simpson J, Collacutt V, McLeod D, and Digout C. A Pan-Canadian Clinical Practice Guideline: Assessment of Psychosocial Health Care Needs of the Adult Cancer Patient. Toronto, May 2009

<sup>2</sup>Spitzer RL, Kroenke K, Williams JB, et al: A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med 166:1092-7, 2006

This algorithm is derived from recommendations in *Management of Anxiety and Depression in Adult Survivors of Cancer: ASCO Guideline Update*. This is a tool based on an ASCO Guideline and is not intended to substitute for the independent professional judgment of the treating physician. Practice guidelines do not account for individual variation among patients. This tool does not purport to suggest any particular course of medical treatment. Use of the guideline and this tool are voluntary.

## Care Map: Generalized Anxiety in Adults with Cancer



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