



Legend

Blue: interviewer instructions (not to be read aloud)

Gray: rules and gating

Green: lifetime version questions

CARS is adapted from the [Composite International Diagnostic Instrument \(CIDI\) for DSM-IV.](#)

Generalized Anxiety Disorder (GAD)

MODULE ENTRY: SC22d='OFTEN' OR 'SOMETIMES'

CKPT.G1_1

1...SC22e=Often/Sometimes

2...LT AND SC22e=Rarely/Never/EMPTY/DK/RF

3...PY AND SC22e=Rarely/Never/EMPTY/DK/RF

CONTINUE

GO TO G21 [*LT Qs, Second gate*]

GO TO NEXT MODULE

GIntro1c. Earlier you mentioned having a time during the past 12 months when you were GFILL1. Have you had a period during the past 12 months lasting 30 days or longer when you were anxious or worried most days?

FILL RULES:

IF SC22a=Past12mo

GFILL1=a worrier

IF SC22a!=Past12mo AND SC22b=Past12mo

GFILL1=much more nervous or anxious than most people

- Yes
- No



G1. The next questions are about things you might have felt anxious or worried about during the past 12 months. What sorts of things have you felt anxious or worried about during the past 12 months?

[INTERVIEWER: If participant answers “Everything” or “Nothing in particular,” select corresponding checkbox and go to next screen. If participant names a specific worry, probe “Anything else?” up to three times. Check all that apply.]

[IF NEC: Anything else that made you anxious or worried?]

- Everything
- Nothing in particular
- Finances
- Success at school or work
- Social life
- Love life
- Relationships at school or work
- Relationships with family
- Physical appearance
- Physical health
- Mental health
- Substance use
- Social phobias (e.g., meeting people after moving to a new town)
- Agoraphobia (e.g., leaving home alone after a divorce)
- Specific phobias (e.g., fears of bugs, heights, or closed spaces)
- Obsessions (e.g., worry about germs)
- Compulsions (e.g., repetitive hand-washing)
- Being away from home or apart from loved ones
- The health or welfare of loved ones
- Crime/violence
- The economy
- The environment (e.g., global warming, pollution)
- Moral decline of society (e.g., commercialism, decline of the family)
- War/revolution
- Other problems (please specify)**

DISABLE DK/RF OPTION FOR THIS QUESTION



CKPT.G2

1...PY version AND (Neither 'Everything' nor 'Nothing in particular' endorsed in G1 AND <2 worries endorsed in G1) [*PY version: Screened in but did not meet criteria for PY worries*]

GO TO NEXT MODULE

2...'Everything' or 'Nothing in particular' endorsed in G1 OR > 1 worry endorsed in G1 [*Screened and met criteria for PY worries*]

CONTINUE [*PY worry intensity*]

3...LT version AND (Neither 'Everything' nor 'Nothing in particular' endorsed in G1 AND <2 worries endorsed in G1) [*LT version: Screened in but did not meet criteria for PY worries*]

GO TO G19 [*LT gate*]

G4. How often during the time you were most anxious or worried during the past 12 months were you so anxious or worried that you could not think about anything else, no matter how hard you tried - often, sometimes, rarely, or never?

- Often
- Sometimes
- Rarely
- Never

G6. During the past 12 months, what is the longest period of time when you were anxious or worried most days?

[INTERVIEWER: Enter this information as number of days, i.e. 7 days =1 week; 30 days=1 months; 365 days=1 year]

[If volunteered "Whole time", code 365]

[If DK, probe: "Did you have a period in the past 12 months that lasted 6 months or longer? (IF NOT) Did you have a period in the past 12 months that lasted 1 month or longer?"]

days

CPKT.G7

1...Past-year version AND G6 < 30 days [*PY version; Met criteria for PY difficulty to control; subthreshold for days*]

GO TO G39 [*Treatment*]

2...G6 >=30 days [*Met criteria for PY difficulty to control & PY days*]

CONTINUE [*PY Symptoms*]

3...Lifetime version AND G6 < 30 days [*LT version: Met criteria for PY difficulty to control; subthreshold for days*]

GO TO G19 [*LT question*]



[GRID SCREEN 1]

G8. Think of a time during the past 12 months lasting one month or longer when you were anxious or worried most days. During that time, did you have any of the following associated problems:

	Yes	No
G8a. During this time in the past 12 months, did you often feel restless, keyed up, or on edge?	<input type="radio"/>	<input type="radio"/>
G8b. (During this time in the past 12 months) did you often get tired easily?	<input type="radio"/>	<input type="radio"/>
G8c. (During this time in the past 12 months) were you often more irritable than usual?	<input type="radio"/>	<input type="radio"/>
G8d. (During this time in the past 12 months) did you often have difficulty concentrating or keeping your mind on what you were doing?	<input type="radio"/>	<input type="radio"/>
G8e. (During this time in the past 12 months) did you often have tense, sore, or aching muscles?	<input type="radio"/>	<input type="radio"/>
G8f. (During this time in the past 12 months) did you often have trouble falling or staying asleep?	<input type="radio"/>	<input type="radio"/>

CKPT.G9

1...Past-Year Version AND 0 RESPONSES CODED 'Yes' in G8 series OR all=DK/RF [*PY version; Met criteria for PY worries and PY days, subthreshold for symptoms*]

GO TO G39 [*Treatment*]

2...1 or 2 responses coded 'Yes' in G8 series [*Met criteria for PY worries & PY days & PY symptoms*]

CONTINUE [*PY Distress*]

3...Lifetime Version AND 0 RESPONSES CODED 'Yes' in G8 series OR all=DK/RF [*LT version; Met criteria for PY worries and PY days, subthreshold for symptoms*]

GO TO G19 [*LT question*]

5...3 OR MORE RESPONSES CODED 'Yes' IN G8 series [*Met criteria for PY worries & PY days & full PY symptoms*]

CONTINUE [*PY Distress*]

G10. During the past 12 months, how much emotional distress did you experience because of your anxiety or worry - very severe, severe, moderate, mild, or no distress?

- Very severe
- Severe
- Moderate
- Mild
- None



G12. During the past 12 months, how often were you unable to carry out your daily activities because of your anxiety or worry - often, sometimes, rarely, or never?

- Often
- Sometimes
- Rarely
- Never

CKPT.G13

1...Past-Year Version AND (G10 equals 'mild' or 'none' or DK/RF) AND (SC37e_1 equals 'not at all' or 'a little' or DK/RF) [*Met PY worries & PY days & PY symptoms, subthreshold for PY distress*]

GO TO CKPT.G35 [*Before treatment*]

2...G10 equals 'moderate', 'severe', or 'very severe' OR SC37e_1 equals 'some', 'a lot', or 'an extreme amount' [*Met PY worries & PY days & PY symptoms & PY distress*]

CONTINUE [*PY Physical causes*]

3...Lifetime Version AND (G10 equals 'mild' or 'none') AND (SC37e_1 equals 'not at all' or 'a little') [*Met PY worries & PY days & PY symptoms, subthreshold for PY distress*]

GO TO G19 [*LT question*]

G14a. Anxiety or worry sometimes occurs as a result of physical causes such as physical illness or injury or the use of medication, drugs, or alcohol. Do you think your anxiety or worry during the past 12 months ever occurred as the result of such physical causes?

- Yes
- No **GO TO G15**

IF DK/RF GO TO G15

G14b. Do you think your anxiety or worry during the past 12 months was always the result of physical causes?

- Yes
- No **GO TO G15**

IF DK/RF GO TO G15

G14c. Briefly, what do you think the physical cause was?



G15. Think about the 30 days or longer during the past 12 months when your anxiety or worry was most severe. Using a 0 to 10 scale, where 0 means no interference and 10 means very severe interference, what number describes how much your anxiety or worry interfered with each of the following activities during that time?

[IF NEC: How much did your anxiety or worry interfere with (ACTIVITY) during that time?]

[IF NEC: You can use any number between 0 and 10 to answer.]

	No interference	Mild			Moderate			Severe			Very severe interference
	0	1	2	3	4	5	6	7	8	9	10
a. Your home management, like cleaning, shopping, and taking care of the house or apartment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your ability to work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Your ability to form and maintain close relationships with other people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Your social life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CKPT.G16

1...Past-year Version AND All four responses to G15a-G15d=0 OR DK/RF [PY version; Met PY worries & PY days & PY symptoms & PY distress, subthreshold for interference]

GO TO CKPT.G35 [Before tx]

2...Any response to G15a-G15d > 0 [Met PY worries & PY days & PY symptoms & PY distress & PY interference]

CONTINUE [PY Interference]

3...Lifetime Version AND All four responses to G15a-G15d= 0 [LT version; Met PY worries & PY days & PY symptoms & PY distress, subthreshold for interference]

GO TO G19 [LT question]

G17. During the past 12 months, about how many days out of 365 were you totally unable to work or carry out your normal activities because of your anxiety or worry?

[IF NEC: You can use any number between 0 and 365 to answer.]

days



CKPT.G18

1...Past year version

GO TO CKPT.G35

7...Lifetime version AND ((G1 does *not* include at least one of the following responses: 'Everything,' 'Nothing in particular,' 'Finances,' 'Success at school or work,' 'Social life,' 'Love life,' 'Relationships at school or work,' 'Relationships with family,' 'Physical appearance,' 'Physical health,' 'The health or welfare of loved ones,' 'Crime/ violence,' 'The economy,' 'The environment (e.g., global warming, pollution) ,' 'Moral decline of society (e.g., commercialism, decline of the family) ,' 'War/ revolution,' 'Other problems (please specify)') OR ((SC22e=EMPTY or Rarely/Never or DK/RF) AND (G4=rarely/never or DK/RF)) OR (G6<180 or DK/RF) OR (<3 RESPONSES CODED '1' in G8a-G8f) OR (G10=mild/none/DK/RF AND (all of G15a-G15d series <4 or DK/RF) AND (G17<5 or DK/RF)) OR (G14b=Yes)) [*does not meet PY GAD criteria*]

CONTINUE [LT question]

8...Lifetime version AND (G1 INCLUDES at least one of 'Everything,' 'Nothing in particular,' 'Finances,' 'Success at school or work,' 'Social life,' 'Love life,' 'Relationships at school or work,' 'Relationships with family,' 'Physical appearance,' 'Physical health,' 'The health or welfare of loved ones,' 'Crime/ violence,' 'The economy,' 'The environment (e.g., global warming, pollution) ,' 'Moral decline of society (e.g., commercialism, decline of the family) ,' 'War/ revolution,' 'Other problems (please specify)') AND ((SC22e=sometimes OR often) OR (G4=sometimes OR often)) AND (G6>=180) AND (3 OR MORE RESPONSES CODED '1' in G8a-G8f) AND (G10= moderate, severe or very severe OR ANY OF THE G15a-G15d SERIES >=4 OR G17>=5) AND (G14a=No/DK/RF OR G14b=No/DK/RF) [*Meets PY GAD criteria*]

GO TO CKPT.G35

G19. Did you ever have a time in your life when your anxiety or worry was more frequent and intense than it was during the past 12 months?

- Yes
- No

CKPT.G20

1...G19=Yes

2...G19!=Yes AND (CKPT.G2=3)

3...G19!=Yes AND (CKPT.G7=3 OR CKPT.G9=3)

4...G19!=Yes AND (CKPT.G13=3 OR CKPT.G16=3 OR CKPT.G18=7)

CONTINUE (LT worries)

GO TO NEXT MODULE

GO TO G39 (Treatment)

GO TO CKPT.G35 (Before tx)



G21. The next questions are about a time in your life when your anxiety or worry was more frequent and intense than it was during the last 12 months. Think of a time when your anxiety and worry were most frequent and intense. What sorts of things were you anxious or worried about during that time?

[INTERVIEWER: If participant answers “Everything” or “Nothing in particular,” select corresponding checkbox and go to next screen. If participant names a specific worry, probe “Anything else?” up to three times. Check all that apply.]

[IF NEC: Anything else that made you anxious or worried?]

- Everything
- Nothing in particular
- Finances
- Success at school or work
- Social life
- Love life
- Relationships at school or work
- Relationships with family
- Physical appearance
- Physical health
- Mental health
- Substance use
- Social phobias (e.g., meeting people after moving to a new town)
- Agoraphobia (e.g., leaving home alone after a divorce)
- Specific phobias (e.g., fears of bugs, heights, or closed spaces)
- Obsessions (e.g., worry about germs)
- Compulsions (e.g., repetitive hand-washing)
- Being away from home or apart from loved ones
- The health or welfare of loved ones
- Crime/violence
- The economy
- The environment (e.g., global warming, pollution)
- Moral decline of society (e.g., commercialism, decline of the family)
- War/revolution
- Other problems (please specify)**

DISABLE DK/RF OPTION FOR THIS QUESTION



CKPT.G22

1...Neither 'Everything' nor 'Nothing in particular' in G21 AND <2 worries endorsed in G21 AND ((SC22e=EMPTY OR Rarely OR Never) OR CKPT.G2=3) *[Did not meet criteria for PY worries and did not screen for LT]*

GO TO NEXT MODULE

2...Neither 'Everything' nor 'Nothing in particular' in G21 AND <2 worries endorsed in G21 AND (CKPT.G7=3 OR CKPT.G9=3) *[Did not meet criteria for LT worries or PY distress]*

GO TO G39 [tx]

3...Neither 'Everything' nor 'Nothing in particular' in G21 AND <2 worries endorsed in G21 AND (CKPT.G13=3 OR CKPT.G16=3 OR CKPT.G18=7) *[Did not meet criteria for PY worries or PY distress or PY symptoms or PY interference]*

GO TO CKPT.G35 [Before tx]

4...'Everything' or 'Nothing in particular' endorsed in G21 OR > 1 worry endorsed in G21

CONTINUE [LT distress]

G24. During the times that you were worried, anxious or nervous, how often were you so anxious or worried that you could not think about anything else, no matter how hard you tried - often, sometimes, rarely, or never?

- Often
- Sometimes
- Rarely
- Never

G26. What is the longest period in a row, of days, weeks, months, or years, in which you were anxious or worried most days?

[INTERVIEWER: Enter this information as number of days, i.e. 7 days =1 week; 30 days=1 months; 365 days=1 year]

[If volunteered "Whole time", code 365]

[If DK, probe: "Did you have a period in the past 12 months that lasted 6 months or longer? (IF NOT) Did you have a period in the past 12 months that lasted 1 month or longer?"]

days weeks months years

CKPT.G27

1...G26<30 days OR DK/RF AND ((SC22e=EMPTY OR Rarely OR Never OR DK/RF) OR CKPT.G2=3 OR CKPT.G7=3 OR CKPT.G9=3) *[Did not screen for LT days, or meet criteria for PY difficulty to control]*

GO TO G39 [tx]

2...G26<30 days AND (CKPT.G13=3 OR CKPT.G16=3 OR CKPT.G18=7) *[Did not meet criteria for LT days or PY difficulty to control or PY interference]*

GO TO CKPT.G35 [Before treatment]

3...G26>=30 days

CONTINUE



[GRID SCREEN 2]

G28. Think of your worst period lasting GFILL26 or longer when you were anxious or worried most days. During that episode, did you often have any of the following associated problems:

FILL RULES:

IF G26<180days

GFILL26= one month

IF G26>=180

GFILL26= six months

	Yes	No
G28a. Did you often feel restless, keyed up, or on edge?	<input type="radio"/>	<input type="radio"/>
G28b. Did you often get tired easily?	<input type="radio"/>	<input type="radio"/>
G28c. Were you often more irritable than usual?	<input type="radio"/>	<input type="radio"/>
G28d. Did you often have difficulty concentrating or keeping your mind on what you were doing?	<input type="radio"/>	<input type="radio"/>
G28e. Did you often have tense, sore, or aching muscles?	<input type="radio"/>	<input type="radio"/>
G28f. Did you often have trouble falling or staying asleep?	<input type="radio"/>	<input type="radio"/>

CKPT.G29

1...(0 RESPONSES CODED 'Yes' IN G28 series OR all=DK/RF)AND ((SC22e=EMPTY or Rarely or Never or DK/RF) OR CKPT.G2=3 OR CKPT.G7=3 OR CKPT.G9=3) [*Did not meet criteria for LT symptoms or PY distress*]
GO TO G39 [tx]

2...(0 RESPONSES CODED 'Yes' IN G28 series OR all=DK/RF) AND (CKPT.G13=3 OR CKPT.G16=3 OR CKPT.G18=7) [*Did not meet criteria for LT symptoms or PY interference*]

GO TO CKPT.G35 [Before treatment]

3...1 or 2 RESPONSES CODED 'Yes' IN G28 series

CONTINUE

4...3 RESPONSES CODED 'Yes' IN G28 series

CONTINUE

G30. How much emotional distress did you experience because of your anxiety or worry- very severe distress, severe distress, moderate distress, mild distress, or no distress?

- Very severe
- Severe
- Moderate
- Mild
- None



G32. How often were you unable to carry out your daily activities because of your anxiety or worry—often, sometimes, rarely, or never?

- Often
- Sometimes
- Rarely
- Never

CKPT.G33

1...(G30 EQUALS 'mild' or 'none' or DK/RF) AND (SC37e EQUALS 'not at all' or 'a little' or DK/RF) [*Did not meet criteria for LT distress*]

GO TO CKPT.G35 [*Before treatment*]

2...(G30=Moderate or Severe or Very severe) OR (SC37e=Some or A lot or An extreme amount)

CONTINUE

G34a. Anxiety or worry sometimes occurs as a result of physical causes such as physical illness or injury or the use of medication, drugs, or alcohol. Do you think your anxiety or worry ever occurred as the result of such physical causes?

- Yes
- No **GO TO CKPT.G35**

IF DK/RF GO TO CKPT.G35

G34b. Do you think your anxiety or worry was always the result of physical causes?

- Yes
- No **GO TO CKPT.G35**

IF DK/RF GO TO CKPT.G35

G34c. Briefly, what do you think the physical cause was?



CKPT.G35

1...PAST YEAR VERSION

CONTINUE [PY recency]

2...LIFETIME VERSION AND (CKPT.G9=2 OR 5) [Met criteria for PY symptoms]

CONTINUE [PY recency]

3...LIFETIME VERSION AND (CKPT.G9=EMPTY OR 1 OR 3)[Did not meet criteria for PY symptoms]

GO TO G36_2 [LT recency]

G36_1a. When I use the word “episode” in the next questions, I mean a time lasting one month or longer when nearly every day you were anxious or worried and also had some of the other problems we have reviewed. The episode ends when you no longer have these feelings for a full month.

With this definition in mind, when was the last time you had an episode of this sort - within the past 30 days, between 1 and 6 months ago, or more than 6 months ago?

- Within the past 30 days
- 1 to 6 months ago **GO TO G37a**
- More than 6 months ago **GO TO G37a**

IF DK/RF GO TO G37a

G36_1b. Has the most recent episode ended or is it still going on?

- Ended
- Still going on

GO TO G37a

G36_2. When I use the word “episode” in the next questions, I mean a time lasting one month or longer when nearly every day you were anxious or worried and also had some of the other problems we have reviewed. The episode ends when you no longer have these feelings for a full month.

With this definition in mind, how old were you the last time you had one of these episodes?

[INTERVIEWER: Age should not be greater than participant’s current age.]

[If unsure, prompt: “About how old were you?” If still unsure or “as long as I can remember”, prompt: “Was it before your teens?” If yes, enter ‘12’; if no, prompt “Was it before your twenties?” If yes, enter ‘19’; if no, enter ‘20’]

years old

G37a. How old were you the first time you had an episode of this sort that lasted for a month or more?

[INTERVIEWER: Age should not be greater than participant’s current age.]

[If unsure, prompt: “About how old were you?” If still unsure or “as long as I can remember”, prompt: “Was it before your teens?” If yes, enter ‘12’; if no, prompt “Was it before your twenties?” If yes, enter ‘19’; if no, enter ‘20’]

years old



CKPT.37b

- 1...LT version **CONTINUE**
2...PY version **GO TO G39**

G38a. How many different years in your life did you have an episode of this sort that lasted for 30 days or more?

[INTERVIEWER: Number should not be greater than participant's current age]

years

G38b. How many episodes of anxiety or worry lasting 30 days or longer have you ever had in your life?

episodes

G38c. What is the longest continuous number of years in a row in which you had at least one episode per year?

years

G39. Did you ever in your life talk to a medical doctor or other professional about your anxiety or worry? (By professional we mean psychologists, counselors, spiritual advisors, herbalists, acupuncturists, and other healing professionals.)

- Yes
 No **GO TO G40**

IF DK/RF GO TO G40

G39a. How old were you the first time you talked to a professional about your anxiety or worry?

[INTERVIEWER: Age should not be greater than participant's current age.]

[If unsure, prompt: "About how old were you?" If still unsure or "as long as I can remember", prompt: "Was it before your teens?" If yes, enter '12'; if no, prompt "Was it before your twenties?" If yes, enter '19'; if no, enter '20']

years old

G39b. Did you receive professional treatment for your anxiety or worry at any time during the past 12 months?

- Yes
 No

G40. How many of your close relatives - including your biological parents, brothers and sisters, and children - were very nervous or anxious people?

relatives