

Interpretation:

When screening for anxiety disorders, a score of 8 or greater represents a reasonable cut-point for identifying probable cases of generalized anxiety disorder; further diagnostic assessment is warranted to determine the presence and type of anxiety disorder. Using a cut-off of 8 the GAD-7 has a sensitivity of 92% and specificity of 76% for diagnosis generalized anxiety disorder.

The following cut-offs correlate with level of anxiety severity:

Score 0-4: Minimal Anxiety

Score 5-9: Mild Anxiety

Score 10-14: Moderate Anxiety

Score greater than 15: Severe Anxiety



Office Hours:

Monday to Friday 9:00AM to 5:30PM
(Evening appointments available upon request)

Telephone: (213) 389-6755

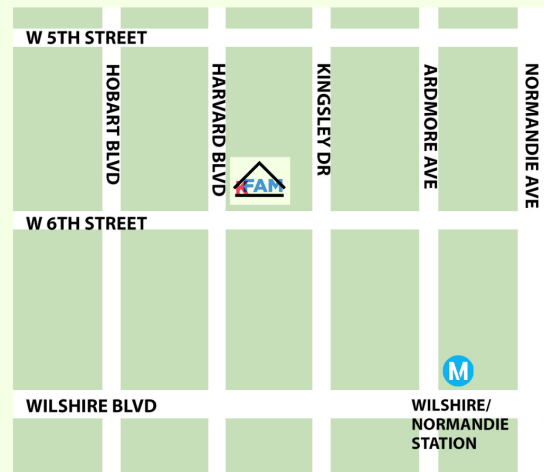
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Mental Health

Changing Lives,
Strengthening Families


WWW.KFAMLA.ORG



Mental Health Services

KFAM has been providing confidential and professional mental health services to the Korean American community in Los Angeles County since 1983.

Our bilingual and bicultural staff consists of licensed therapists, associate level therapists, MFT trainees, nurse practitioner, and psychiatrist. We provide affordable, high-quality mental health care in a safe, supportive, and culturally responsive environment.

 Services offered in Korean and English

Our Approach

KFAM strives to meet the needs of the community in the following distinct ways:

Professional Counselling

- In a safe, and confidential setting

Community Outreach Events

- Free seminars on various topics

Services Provided:

- Individual, families, and couple therapy (ages 5 and up)
- Prevention and Early Intervention Services (PEI)
- Korean ISM/OCS
- Child Abuse Prevention, Intervention, and Treatment (CAPIT)
- Community Mental Wellness Workshops
- Medication Support Services
- Community Outreach Events

Fees and Eligibility

We serve everyone regardless of income, age, immigration status, or health insurance coverage. Self-pay is available on a sliding scale, based on your income level. We also provide free services for those who meet eligibility requirements. Please call (213) 389-6755 for more information.

Confidentiality

We understand that information about you and your health is personal. We are committed to protecting personal information about you by following strict privacy and confidentiality guidelines set by HIPAA.

Generalized Anxiety Disorder 7-item (GAD-7)

Over the last 2 weeks, how often have you been bothered by the following problems?

1. Feeling nervous, anxious or on edge

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

2. Not being able to stop or control worrying

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

3. Worrying too much about different things

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

4. Trouble relaxing

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

5. Being so restless that it is hard to sit still

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

6. Becoming easily annoyed or irritable

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

7. Feeling afraid as if something awful might happen

- Not at all: +0 point More than half the days: +2 point
 Several days: +1 point Nearly every day: +3 point

GAD-7 score obtained by adding score for each question (total points)

