

## MODIFIED GLOBAL ASSESSMENT OF FUNCTIONING (GAF) SCALE

### 90—Absent or Minimal Symptoms

- Criteria:** Minimal or absent symptoms (e.g. mild anxiety prior to an examination)  
Good functioning in all areas and satisfied with life  
Interested and involved in a wide range of activities  
Socially effective  
No more than everyday problems or concerns (e.g. an occasional argument with family members)
- Scoring:** 88-90=NO symptoms or everyday problems  
84-87=Minimal symptoms OR everyday problems  
81-83=Minimal symptoms AND everyday problems

### 80—Some Transient Mild Symptoms

- Criteria:** Mild symptoms are present, but they are transient and expectable reactions to psychosocial stressors (e.g. difficulty concentrating after a family argument)  
Slight impairment in social, work, or school functioning (e.g. temporarily falling behind in work or school)
- Scoring:** 78-80=EITHER mild symptoms OR mild impairment in social, work or school functioning  
74-77=Mild impairment in more than one area of social, work or school functioning  
71-73=BOTH mild symptoms AND slight impairment in social, work and school functioning

### 70—Some Persistent Mild Symptoms

- Criteria:** Mild symptoms are present that are not just expectable reactions to psychosocial stressors (e.g. mild or lessened depression and/or mild insomnia)  
Some persistent difficulty in social, occupational or school functioning but has meaningful interpersonal relationships
- Scoring:** 68-70=EITHER mild persistent symptoms OR mild difficulty in social, work or school functioning  
64-67=Mild persistent difficulty in more than one area of social, work or school functioning  
61-63=BOTH mild persistent symptoms AND some difficulty in social, work or school functioning

### 60—Moderate Symptoms

- Criteria:** Moderate symptoms (e.g. frequent, moderate depressed mood and insomnia and/or moderate ruminating and obsessing; or occasional anxiety attacks; or flat affect and circumstantial speech; or eating problems and below minimum weight without depression)  
Moderate difficulty in social, work or school functioning (e.g. few friends or conflicts with coworkers)
- Scoring:** 58-60=EITHER moderate symptoms or moderate difficulty in social, work or school functioning  
54-57=Moderate difficulty in more than one area of social, work or school functioning  
51-53=BOTH moderate symptoms AND moderate difficulty in social, work and school functioning

### 50—Some Serious Symptoms or Impairment in Functioning

- Criteria:** Serious impairment with work, school or housework if a housewife or househusband (e.g. unable to keep a job, unable to care for family or house)  
Frequent problems with the law or occasional combative behavior  
Serious impairment in relationships with friends (e.g. very few or no friends, or avoids friends he/she has)  
Serious impairment in relationships with family (e.g. frequent fights with family and/or neglects family or has no home)  
Serious impairment in judgement (inability to make decisions, confusion, disorientation)  
Serious impairment in thinking (preoccupation with thoughts, distorted body image, paranoia)  
Serious impairment in mood (constant depressed mood plus helpless and hopeless, agitation or mania)  
Serious impairment due to anxiety (panic, overwhelming anxiety)  
Other symptoms: some hallucinations, delusions, or severe obsessional rituals  
Passive suicidal ideation
- Scoring:** 48-50=1 area of disturbance  
44-47=2 areas of disturbance  
41-43=3 areas of disturbance

#### 40—Major Impairment in Several Areas of Functioning

- Criteria:** Serious impairment with work, school or housework if a housewife or househusband (e.g. unable to keep a job, unable to care for family or house)  
Frequent problems with the law or occasional combative behavior  
Serious impairment in relationships with friends (e.g. very few or no friends, or avoids friends he/she has)  
Serious impairment in relationships with family (e.g. frequent fights with family and/or neglects family or has no home)  
Serious impairment in judgement (inability to make decisions, confusion, disorientation)  
Serious impairment in thinking (preoccupation with thoughts, distorted body image, paranoia)  
Serious impairment in mood (constant depressed mood plus helpless and hopeless, agitation or mania)  
Other symptoms: some hallucinations, delusions, or severe obsessional rituals  
Passive suicidal ideation
- Scoring:** 38-40=4 areas of disturbance  
34-37=5 areas of disturbance  
31-33=6 areas of disturbance

#### 30—Inability to Function in Almost All Areas

- Criteria:**
- Unique Items:* Suicidal preoccupation or frank suicidal ideation with preparation  
OR Behavior considerably influenced by delusions or hallucinations  
OR Serious impairment in communication (sometimes incoherent, grossly inappropriate or profound stuporous depression)
- OR *Combined Items:* Serious impairment with work, school or housework if a housewife or househusband (e.g. unable to keep a job, unable to care for family or house)  
Frequent problems with the law or occasional combative behavior  
Serious impairment in relationships with friends (e.g. very few or no friends, or avoids friends he/she has)  
Serious impairment in relationships with family (e.g. frequent fights with family and/or neglects family or has no home)  
Serious impairment in judgement (inability to make decisions, confusion, disorientation)  
Serious impairment in thinking (preoccupation with thoughts, distorted body image, paranoia)  
Serious impairment in mood (constant depressed mood plus helpless and hopeless, agitation or mania)  
Other symptoms: some hallucinations, delusions, or severe obsessional rituals  
Passive suicidal ideation
- Scoring:** 21=Patient with 1 of the first three (*unique*) criteria  
28-30=7 of the combined criteria  
24-27=8 of the combined criteria  
21-23=10 of the combined criteria

#### 20—In Some Danger of Hurting Self or Others

- Criteria:** Suicide attempts without clear expectations of death (e.g. mild OD, scratching wrists with people around)  
Some severe violence or self mutilating behaviors  
Severe manic excitement, or severe agitation or impulsivity  
Occasionally fails to maintain minimal personal hygiene (smearing feces)  
Urgent emergency admission to the present psychiatric hospital  
In physical danger due to medical problems (e.g. sever bulimia/anorexia with some spontaneous vomiting)
- Scoring:** 18-20=1-2 of the 6 areas of disturbance in this category  
14-17=3-4 of the 6 areas of disturbance in this category  
11-13=5-6 of the 6 areas of disturbance in this category

#### 10—In Persistent Danger of Severely Hurting Self or Others

- Criteria:** Serious suicidal act with clear expectation of death (e.g. stabbing, shooting, hanging or serious OD with no one present)  
Frequent severe violence or self-mutilation  
Extreme manic excitement, or extreme agitation and impulsivity  
Persistent inability to maintain minimal personal hygiene  
Urgent/emergency admission to present psychiatric hospital  
In acute, severe danger due to medical problems (e.g. anorexia/bulimia with heart/kidney problems)
- Scoring:** 8-10=1-2 of the 6 areas of disturbance in this category  
4-7= 3-4 of the 6 areas of disturbance in this category  
1-3=5-6 of the 6 areas of disturbance in this category