

## Hospital Anxiety and Depression Scale (HADS)

**Instructions:** Doctors are aware that emotions play an important part in most illnesses. If your doctor knows about these feelings he or she will be able to help you more. This questionnaire is designed to help your doctor know how you feel. Read each item and circle the reply which comes closest to how you have been feeling in the past week. Don't take too long over your replies: your immediate reaction to each item will probably be more accurate than a long thought out response.

<b>I feel tense or 'wound up':</b>	<b>A</b>
Most of the time	3
A lot of the time	2
Time to time, occasionally	1
Not at all	0

<b>I feel as if I am slowed down:</b>	<b>D</b>
Nearly all of the time	3
Very often	2
Sometimes	1
Not at all	0

<b>I still enjoy the things I used to enjoy:</b>	<b>D</b>
Definitely as much	0
Not quite so much	1
Only a little	2
Not at all	3

<b>I get a sort of frightened feeling like 'butterflies in the stomach':</b>	<b>A</b>
Not at all	0
Occasionally	1
Quite often	2
Very often	3

<b>I get a sort of frightened feeling like something awful is about happen:</b>	<b>A</b>
Very definitely and quite badly	3
Yes, but not too badly	2
A little, but it doesn't worry me	1
Not at all	0

<b>I have lost interest in my appearance:</b>	<b>D</b>
Definitely	3
I don't take as much care as I should	2
I may not take quite as much care	1
I take just as much care as ever	0

<b>I can laugh and see the funny side of things:</b>	<b>D</b>
As much as I always could	0
Not quite so much now	1
Definitely not so much now	2
Not at all	3

<b>I feel restless as if I have to be on the move:</b>	<b>A</b>
Very much indeed	3
Quite a lot	2
Not very much	1
Not at all	0

<b>Worrying thoughts go through my mind:</b>	<b>A</b>
A great deal of the time	3
A lot of the time	2
From time to time but not too often	1
Only occasionally	0

<b>I look forward with enjoyment to things:</b>	<b>D</b>
As much as I ever did	0
Rather less than I used to	1
Definitely less than I used to	3
Hardly at all	2

<b>I feel cheerful:</b>	<b>D</b>
Not at all	3
Not often	2
Sometimes	1
Most of the time	0

<b>I get sudden feelings of panic:</b>	<b>A</b>
Very often indeed	3
Quite often	2
Not very often	1
Not at all	0

<b>I can sit at ease and feel relaxed:</b>	<b>A</b>
Definitely	0
Usually	1
Not often	2
Not at all	3

<b>I can enjoy a good book or radio or TV programme:</b>	<b>D</b>
Often	0
Sometimes	1
Not often	2
Very seldom	3

Questions relating to anxiety are indicated by an 'A' while those relating to depression are shown by a 'D'. Scores of 0-7 in respective subscales are considered normal, with 8-10 borderline and 11 or over indicating clinical 'caseness'