

## HOSPITAL ANXIETY AND DEPRESSION SCALE (HADS)

Circle one response to each item that best describes how you have been feeling in the past week.

### 1. I feel tense or "wound up"

0	Not at all
1	Time to time, occasionally
2	A lot of the time
3	Most of the time

### 2. I get a sort of frightened feeling as if something awful is about to happen

0	Not at all
1	A little, but it doesn't worry me
2	Yes, but not too badly
3	Very definitely and quite badly

### 3. Worrying thoughts go through my mind

0	Only occasionally
1	From time to time, but not too often
2	A lot of the time
3	A great deal of the time

### 4. I can sit at ease and feel relaxed

0	Definitely
1	Usually
2	Very often
3	Not at all

### 5. I get a sort of frightened feeling like "butterflies" in the stomach

0	Not at all
1	Occasionally
2	Quite often
3	Very often

### 6. I feel restless as if I have to be on the move

0	Not at all
1	Not very much
2	Quite a lot
3	Very much indeed

### 7. I get sudden feelings of panic

0	Not at all
1	Not very often
2	Quite often
3	Very often indeed

### 8. I still enjoy the things I used to enjoy

0	Definitely as much
1	Not quite so much
2	Only a little
3	Hardly at all

### 9. I can laugh and see the funny side of things

0	As much as I always could
1	Not quite so much now
2	Definitely not so much now
3	Not at all

### 10. I feel cheerful

0	Most of the time
1	Sometimes
2	Not often
3	Not at all

### 11. I feel as if I am slowed down

0	Not at all
1	Sometimes
2	Very often
3	Nearly all the time

### 12. I have lost interest in my appearance

0	I take just as much care as ever
1	I may not take quite as much care
2	I don't take so much care as I should
3	Definitely

### 13. I look forward with enjoyment to things

0	As much as ever I did
1	Rather less than I used to
2	Definitely less than I used to
3	Hardly at all

### 14. I can enjoy a good book or radio or TV program

0	Often
1	Sometimes
2	Not often
3	Very seldom

Anxiety (Total items 1-7): \_\_\_\_\_

7 or less: Normal range

8-10: Somewhat anxious

11 or more: Significant anxiety

Depression (Total items 8-14): \_\_\_\_\_

7 or less: Normal range

8-10: Somewhat depressed

11 or more: Significant depression