Form Approved OMB Control No.: 0920-XXXX Expiration date: 09/30/2023

Appendix 17

Hospital Anxiet	y and Depression	Scale (HADS)
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This questionnaire is designed to help describe how you feel. Please read each item and then place a cross in the box next to the reply that comes closest to how you have been feeling in the past week. Try to give your first reaction. This will probably be more accurate than spending a long time thinking about an answer

	Please cross only one box for each question						
1.1	I feel tense / wound up:	Α	1.8	I feel as if I am slowed down:	D		
	Most of the time	з 🗆		Nearly all of the time	3 🗆		
	A lot of the time	2 🗆		Very often	2 🗆		
	Occasionally	1 🗆		Sometimes	1 □		
	Not at all	0 🗆		Not at all	0 🗆		
1.2	I still enjoy things I used to:	D	1.9	I get a frightened feeling like 'butterflies' in my stomach:	Α		
	Definitely as much	0 □		Not at all	0 🗆		
	Not quite as much	1 🗆		Occasionally	1 🗆		
	Only a little	2 🗆		Quite often	2 🗆		
	Hardly at all	з 🗆		Very often	3 🗆		
1.3	I get a sort of frightened feeling as if something awful is about to happen:	Α	1.10	I have lost interest in my appearance:	D		
	Very definitely and quite badly	з 🗆		Definitely	з 🗆		
	Not too badly	2 🗆		I don't take as much care as I should	2 🗆		
	A little, but it doesn't worry me	1 🗆		I may not take quite as much care	1 □		
	Not at all	o 🗆		I take just as much care as ever	o 🗆		
1.4	I can laugh and see the funny side of things:	D	1.11	I feel restless as if I have to be on the move:	А		
	As much as I ever could	0 🗆		Very much indeed	3 🗆		
	Not quite as much now	1 🗆		Quite a lot	2 🗆		
	Definitely not so much	2 🗆		Not very much	1 🗆		
	Not at all	3 □		Not at all	0 🗆		
1.5	Worrying thoughts go through my mind:	Α	1.12	I look forward with enjoyment to things:	D		
	A great deal of the time	3 🗌		As much as I ever did	0 🗆		
	A lot of the time	2 🗆		Rather less than I used to	1 🗆		
	From time to time	1 🗆		Definitely less than I used to	2 🗆		
	Only occasionally	0 🗆		Hardly at all	3 🗆		
1.6	I feel cheerful	D	1.13	I get sudden feelings of panic:	Α		
	Not at all	3 🗆		Very often indeed	3 🗆		
	Not often	2 🗆		Quite often	2 🗆		
	Sometimes	1 🗆		Not very often	1 🗆		
	Most of the time	0 🗆		Not at all	0 🗆		
1.7	I can sit at ease and feel relaxed: Definitely	A	1.14	I can enjoy a good book, radio or TV program: Often	D		
	•	0 🗆		Sometimes	0 🗆		
	Usually	1 🗆			1 🗆		
	Not often	2 🗆		Not often	2 🗆		
	Not at all	з 🗆		Very seldom	3 🗆		