

Subject ID \_\_\_\_\_

Date \_\_\_\_\_

## Hospital Anxiety and Depression Scale (HADS)

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**

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