

Hospital Anxiety and Depression Scale (HADS)

Please choose one response from the four given for each of the statements below.

Give your immediate response; try not to think too long about your answer. Please answer how the statement currently describes your feelings

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

D	I still enjoy the thing I used to enjoy:	
	Definitely as much	3
	Not quite so much	2
	Only a little	1
	Hardly at all	0

A	I get a sort of frightened feeling as if something awful is about to happen:	
	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

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

A	Worrying thoughts go through my mind:	
	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

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

A	I can sit at ease and feel relaxed:	
	Definitely	3
	Usually	2
	Not Often	1
	Not at all	0

D	I feel as if I am slowed down:	
	Nearly all the time	3
	Very Often	2
	Sometimes	1
	Not at all	0

A	I get a sort of frightened feeling like 'butterflies' in my stomach:	
	Not at all	3
	Occasionally	2
	Quite often	1
	Very Often	0

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

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

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

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

D	I can enjoy a good book or radio or TV program:	
	Often	3
	Sometimes	2
	Not often	1
	Very seldom	0

Scoring

Add the As = Anxiety and the Ds – depression.

0-7 = Normal

8-10 = Borderline abnormal

11-21 = Abnormal

Zigmond and Snaith (1983)

HADs 12 point