

Hospital Anxiety and Depression Scale (HADS)

nferNelson
understanding potential

Name: JENNIFER PARKS Date: 10 JUNE

Clinicians are aware that emotions play an important part in most illnesses. If your clinician knows about these feelings he or she will be able to help you more.

This questionnaire is designed to help your clinician to know how you feel. Read each item below and underline the reply which comes closest to how you have been feeling in the past week. Ignore the numbers printed at the edge of the questionnaire.

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.

FOLD HERE

FOLD HERE

A	D			A	D
3	2	I feel tense or 'wound up'	I feel as if I am slowed down	3	2
1	0	Most of the time	Nearly all the time	1	0
0		A lot of the time	Very often	0	
		From time to time, occasionally	Sometimes		
		Not at all	Not at all		
0	1	I still enjoy the things I used to enjoy	I get a sort of frightened feeling like 'butterflies' in the stomach	0	1
2	3	Definitely as much	Not at all	2	3
3		Not quite so much	Occasionally	3	
		Only a little	Quite often		
		Hardly at all	Very often		
3	2	I get a sort of frightened feeling as if something awful is about to happen	I have lost interest in my appearance	3	2
1	0	Very definitely and quite badly	Definitely	1	0
0		Yes, but not too badly	I don't take as much care as I should	0	
		A little, but it doesn't worry me	I may not take quite as much care		
		Not at all	I take just as much care as ever		
0	1	I can laugh and see the funny side of things	I feel restless as if I have to be on the move	3	2
2	3	As much as I always could	Very much indeed	2	3
3		Not quite so much now	Quite a lot	3	
		Definitely not so much now	Not very much		
		Not at all	Not at all		
3	2	Worrying thoughts go through my mind	I look forward with enjoyment to things	3	2
1	0	A great deal of the time	As much as I ever did	1	0
0		A lot of the time	Rather less than I used to	0	
		Not too often	Definitely less than I used to		
		Very little	Hardly at all		
3	2	I feel cheerful	I get sudden feelings of panic	3	2
1	0	Never	Very often indeed	1	0
0		Not often	Quite often	0	
		Sometimes	Not very often		
		Most of the time	Not at all		
0	1	I can sit at ease and feel relaxed	I can enjoy a good book or radio or television programme	0	1
2	3	Definitely	Often	2	3
3		Usually	Sometimes	3	
		Not often	Not often		
		Not at all	Very seldom		

Now check that you have answered all the questions

A D

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TOTAL

158

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