**Hospital Anxiety and Depression Scale (HADS)**

**Tick the box beside the reply that is closest to how you have been feeling in the past week.**

**Don’t take too long over you replies: your immediate is best.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **D** | **A** |  | **D** | **A** |  |
|  |  | **I feel tense or 'wound up':** |  |  | **I feel as if I am slowed down:** |
|  | **3** | Most of the time | **3** |  | Nearly all of the time |
|  | **2** | A lot of the time | **2** |  | Very often |
|  | **1** | From time to time, occasionally | **1** |  | Sometime |
|  | **0** | Not at all | **0** |  | Not at all |
|  |  |  |  |  |  |
|  |  | **I still enjoy the things I used to**  **enjoy:** |  |  | **I get a sort of frightened feeling like 'butterflies' in the stomach:** |
| **0** |  | Definitely as much |  | **0** | Not at all |
| **1** |  | Not quite as much |  | **1** | Occasionally |
| **2** |  | Only a little |  | **2** | Quite often |
| **3** |  | Hardly at all |  | **3** | Very often |
|  |  |  |  |  |  |
|  |  | **I get a sort of frightened feeling as if**  **something awful is about to**  **happen:** |  |  | **I have lost interest in my appearance:** |
|  | **3** | Very definitely and quite badly | **3** |  | Definitely |
|  | **2** | Yes, but not too badly | **2** |  | I don't take as much care as I should |
|  | **1** | A little, but it doesn’t worry me | **1** |  | I may not take quite as much care |
|  | **0** | Not at all | **0** |  | I take just as much care as ever |
|  |  |  |  |  |  |
|  |  | **I can laugh and see the funny side**  **of things:** |  |  | **I feel restless as I have to be on the**  **move:** |
| **0** |  | As much as I always could |  | **3** | Very much indeed |
| **1** |  | Not quite so much now |  | **2** | Quite a lot |
| **2** |  | Definitely not so much now |  | **1** | Not very much |
| **3** |  | Not at all |  | **0** | Not at all |
|  |  |  |  |  |  |
|  |  | **Worrying thoughts go through my**  **mind:** |  |  | **I look forward with enjoyment to**  **things:** |
|  | **3** | A great deal of the time | **3** |  | As much as I ever did |
|  | **2** | A lot of the time | **2** |  | Rather less than I used to |
|  | **1** | From time to time, but not too often | **1** |  | Definitely less than I used to |
|  | **0** | Only Occasionally | **0** |  | Hardly at all |
|  |  |  |  |  |  |
|  |  | **I feel cheerful:** |  |  | **I get sudden feelings of panic:** |
| **3** |  | Not at all |  | **3** | Very often indeed |
| **2** |  | Not often |  | **2** | Quite often |
| **1** |  | Sometimes |  | **1** | Not very often |
| **0** |  | Most of the time |  | **0** | Not at all |
|  |  |  |  |  |  |
|  |  | **I can sit at ease and feel relaxed:** |  |  | **I can enjoy a good book or radio or TV program:** |
|  | **0** | Definitely |  | **0** | Often |
|  | **1** | Usually |  | **1** | Sometimes |
|  | **2** | Not often |  | **2** | Not often |
|  | **3** | Not at all |  | **3** | Very seldom |

**Please check you have answered all the questions**