

HOSPITAL ANXIETY & DEPRESSION SCALE (HADS)

Name: _____ Date: _____

Please read each item, and then indicate the frequency you have felt like this in the last 7 days.

1A. I feel tense or 'wound up'?

Most of the time 3
 A lot of the time 2
 From time to time 1
 Not at all 0

8D. I feel as if I am slowed down?

Nearly all the time 3
 Very often 2
 Sometimes 1
 Not at all 0

2D. I still enjoy things I used to?

Definitely as much 0
 Not quite so much 1
 Only a little 2
 Hardly at all 3

9A. I get a sort of frightened feeling like 'butterflies' in the stomach?

Not at all 0
 Occasionally 1
 Quite often 2
 Very often 3

3A. 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

10D. I have lost interest in my appearance?

Definitely 3
 I don't take as much care as I should 2
 I may not take quite as much care 1
 I take just as much care as ever 0

4D. I can laugh & see the funny side of things?

As much as I always could 0
 Not quite as much now 1
 Definitely not so much 2
 Not at all 3

11A. I feel restless as if I have to be on the move?

Very much indeed 3
 Quite a lot 2
 Not very much 1
 Not at all 0

5A. Worrying thoughts go through my mind?

A great deal of the time 3
 A lot of the time 2
 Not too often 1
 Very little 0

12D. I look forward with enjoyment to things?

As much as I ever did 0
 Rather less than I used to 1
 Definitely less than I used to 2
 Hardly at all 3

6D. I feel cheerful?

Never 3
 Not often 2
 Sometimes 1
 Most of the time 0

13A. I get sudden feelings of panic?

Very often indeed 3
 Quite often 2
 Not very often 1
 Not at all 0

**7A. I can sit at ease & feel relaxed?
 prog.?**

Definitely 0
 Usually 1
 Not often 2
 Not at all 3

14D. I can enjoy a good book, radio or TV

Often 0
 Sometimes 1
 Not often 2
 Very Seldom 3

Clients: Ignore the section below.

Scoring the HADS

The Hospital Anxiety & Depression Scale (HADS) incorporates two subscales;

Anxiety Questions Numbers: 1,3,5,7,9,11 & 13.

Depression Question Numbers: 2,4,6,8,10,12 & 14.

There is an A next to the anxiety question numbers, and D next to the above depression subscale numbers.

The response scores for each question range from 0-3.

Each sub scale total can be calculated separately by totalling the A scores and the D scores.

Hospital Anxiety and Depressions Scale (HADS)

This self-report questionnaire was designed to detect adverse anxiety and depression states. The two sub scales measure respectively anxiety and depression. On each sub scale, higher scores indicate a greater number of symptoms and a greater severity of the emotional state, (Turner and Lee, 1998). Unlike the next test, the General Health Questionnaire, the Depression Scale of the HADS does not indicate suicidal depressive thoughts.

Score Ranges for the HADS:

Score	Client's Score:	Anxiety	Depression	Interpretation
0-7				Normal
8-10				Mild
11-14				Moderate
15-21				Severe