

# 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