

Hospital Anxiety and Depression Scale (HADS)

Name

Date

Tick the box beside the reply that is closest to how you have been feeling in the past week. Try to answer the questions as fast as possible, and avoid overthinking

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

Total Score: Depression (D) **Anxiety (A)**

0-7 = Normal, 8-10 = Borderline abnormal (borderline case), 11-21 = Abnormal (case)