

Hospital Anxiety and Depression Scale (HADS)

Hospital Anxiety and Depression Scale (HADS) is an instrument designed to detect the presence and severity of mild degrees of mood disorder, anxiety and depression.

It is presented as an easy-to-use questionnaire which allows to establish the presence and measure the severity of both anxiety and depression simultaneously, giving a separate score for each.

The HADS contains 14 items and consists of two subscales: anxiety and depression. Each item is rated on a four-point scale, giving maximum scores of 21 for anxiety and depression. Scores of 11 or more on either subscale are considered to be a significant 'case' of psychological morbidity, while scores of 8–10 represent 'borderline case', and scores of 0–7 represent 'normal case'.

Reference: www.sign.ac.uk/guidelines/published/support/guideline57/hads.html

Questionnaire

Questions relating to anxiety are indicated by an 'A' while those relating to depression are shown by a 'D'. Scores of 0-7 in respective subscales are considered normal, with 8-10 borderline and 11 or over indicating clinical 'caseness'.

Instructions:

Read each item and place a firm tick in the box opposite the reply, which comes closest to how you have been feeling in the past week. 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.

I feel tense or 'wound up':

Most of the time
A lot of the time
Time to time, occasionally
Not at all

I still enjoy the things I used to enjoy:

Definitely as much
Not quite so much
Only a little
Not at all

I get a sort of frightened feeling like something awful is about to happen:

Very definitely and quite badly
Yes, but not too badly
A little, but it doesn't worry me
Not at all

I can laugh and see the funny side of things:

As much as I always could
Not quite so much now
Definitely not so much now
Not at all

Worrying thoughts go through my mind:

A great deal of the time
A lot of the time
From time to time but not too often
Only occasionally

I feel cheerful:

Not at all
Not often
Sometimes
Most of the time

I can sit at ease and feel relaxed:

Definitely
Usually
Not often
Not at all

A I feel as if I am slowed down:

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

D I get a sort of frightened feeling like 'butterflies in the stomach':

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

A I have lost interest in my appearance:

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

D I feel restless as if I have to be on the move:

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

A I look forward with enjoyment to things:

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

D I get sudden feelings of panic:

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

A I can enjoy a good book or radio or TV programme:

0 Often
1 Sometimes
2 Not often
3 Very seldom

D

3
2
1
0

A

0
1
2
3

D

3
2
1
0

A

3
2
1
0

D

0
1
3
2

A

3
2
1
0

D

0
1
2
3

