

## Hospital Anxiety and Depression Scale (HADS)

Zigmond, A. S., & Snaith, R. P. (1983). The hospital anxiety and depression scale. *Acta Psychiatrica Scandinavica*, 67(6), 361-370. doi:10.1111/j.1600-0447.1983.tb09716.x

**Directions: 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 your replies: your immediate answer is best.**

D	A		D	A	
		<b>I feel tense or 'wound up:'</b>			<b>I feel as if I am slowed down:</b>
	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
		<b>I still enjoy the things I used to enjoy:</b>			<b>I get a sort of frightened feeling like 'butterflies' in the stomach:</b>
0		Definitely as much		0	Not at all
1		Not quite so much		1	Occasionally
2		Only a little		2	Quite often
3		Hardly at all		3	Very often
		<b>I get a sort of frightened feeling as if something awful is about to happen:</b>			<b>I have lost interest in my appearance:</b>
	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
		<b>I can laugh and see the funny side of things:</b>			<b>I feel restless as if I have to be on the move:</b>
0		As much as I always could		3	Very much indeed
1		Not quite so much now		2	Quite a lot
2		Definitely not quite so much now		1	Not very much
3		Not at all		0	Not at all
		<b>Worrying thoughts go through my mind:</b>			<b>I look forward with enjoyment to things:</b>

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	3	A great deal of the time	0		As much as I ever did
	2	A lot of the time	1		Rather less than I used to
	1	From time to time, but not too often	2		Definitely less than I used to
	0	Only occasionally	3		Hardly at all
		<b>I feel cheerful:</b>			<b>I get sudden feelings of panic:</b>
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
		<b>I can sit at ease and feel relaxed:</b>			<b>I can enjoy a good book or radio or TV program:</b>
	0	Definitely	0		Often
	1	Usually	1		Sometimes
	2	Not often	2		Not often
	3	Not at all	3		Very seldom

Please check to make sure all questions are answered.

Scoring:

Total Score:      Depression (D) \_\_\_\_\_

Anxiety (A) \_\_\_\_\_

0 - 7      = Normal

8-10      = Borderline abnormal (borderline case)

11-21      = Abnormal (case)