



# HOSPITAL ANXIETY AND DEPRESSION SCALE

ID NUMBER:									
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FORM CODE: HDS  
VERSION: 2.0 10/09/2017

Event \_\_\_\_\_

0a) Date of Collection   /   /     0b) Staff Code

**Instructions:** This form should be completed during the participant's clinic visit. Please answer all questions.

**For each of the questions, choose the one best response. For each question answer immediately without thinking too long about the answer.**

1) I feel tense or 'wound up'

- Most of the time<sub>3</sub>
- A lot of the time<sub>2</sub>
- From time to time, occasionally<sub>1</sub>
- Not at all<sub>0</sub>

2) I still enjoy the things I used to enjoy

- Definitely as much<sub>0</sub>
- Not quite so much<sub>1</sub>
- Only a little<sub>2</sub>
- Hardly at all<sub>3</sub>

3) I get a sort of frightened feeling as if something awful is about to happen

- Very definitely and quite badly<sub>3</sub>
- Yes, but not too badly<sub>2</sub>
- A little, but it doesn't worry me<sub>1</sub>
- Not at all<sub>0</sub>

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4) I can laugh and see the funny side of things

- As much as I always could<sub>0</sub>
- Not quite so much now<sub>1</sub>
- Definitely not so much now<sub>2</sub>
- Not at all<sub>3</sub>

5) Worrying thoughts go through my mind

- A great deal of the time<sub>3</sub>
- A lot of the time<sub>2</sub>
- Not too often<sub>1</sub>
- Very little<sub>0</sub>

6) I feel cheerful

- Never<sub>3</sub>
- Not often<sub>2</sub>
- Sometimes<sub>1</sub>
- Most of the time<sub>0</sub>

7) I can sit at ease and feel relaxed

- Definitely<sub>0</sub>
- Usually<sub>1</sub>
- Not Often<sub>2</sub>
- Not at all<sub>3</sub>

8) I feel as if I am slowed down

- Nearly all the time<sub>3</sub>
- Very often<sub>2</sub>
- Sometimes<sub>1</sub>
- Not at all<sub>0</sub>

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9) I get a sort of frightened feeling like 'butterflies' in the stomach

- Not at all<sub>0</sub>
- Occasionally<sub>1</sub>
- Quite Often<sub>2</sub>
- Very Often<sub>3</sub>

10) I have lost interest in my appearance

- Definitely<sub>3</sub>
- I don't take as much care as I should<sub>2</sub>
- I may not take quite as much care<sub>1</sub>
- I take just as much care as ever<sub>0</sub>

11) I feel restless as I have to be on the move

- Very much indeed<sub>3</sub>
- Quite a lot<sub>2</sub>
- Not very much<sub>1</sub>
- Not at all<sub>0</sub>

12) I look forward with enjoyment to things

- As much as I ever did<sub>0</sub>
- Rather less than I used to<sub>1</sub>
- Definitely less than I used to<sub>2</sub>
- Hardly at all<sub>3</sub>

13) I get sudden feelings of panic

- Very often indeed<sub>3</sub>
- Quite often<sub>2</sub>
- Not very often<sub>1</sub>
- Not at all<sub>0</sub>

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14) I can enjoy a good book or radio or TV program

- Often<sub>0</sub>
- Sometimes<sub>1</sub>
- Not often<sub>2</sub>
- Very seldom<sub>3</sub>

**END OF FORM**

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