



## INSTRUCTIONS FOR HOSPITAL ANXIETY AND DEPRESSION SCALE HDS, VERSION 2.0, QUESTION BY QUESTION (QxQ)

### I. GENERAL INSTRUCTIONS

The Hospital Anxiety and Depression Scale is completed during the participant's clinic visit.

**Header Information:** The header information consists of key fields which uniquely identify each recorded instance of a form. For the Event field, record if this is happening at Visit 5 or another event.

0a. Date of Collection: Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. Staff Code: Record the SPIROMICS staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS data, please contact the GIC in order to receive your own individual staff code.

### II. DETAILED INSTRUCTIONS FOR EACH ITEM

Item 1. **Feeling tense** Select only one option among the four possible choices.

- Select most of the time if the subject reports feeling tense or 'wound up' most of the time.
- Select a lot of the time if the subject reports feeling tense or 'wound up' a lot of the time.
- Select from time to time, occasionally if the subject reports feeling tense or 'wound up' from time to time, occasionally.
- Select not at all if the subject reports feeling tense or 'wound up' not at all.

Item 2. **Enjoying things** Select only one option among the four possible choices.

- Select definitely as much if the subject reports enjoying things s/he used to enjoy definitely as much.
- Select not quite as much if the subject reports enjoying things s/he used to enjoy not quite as much.
- Select only a little if the subject reports enjoying things s/he used to enjoy only a little.
- Select hardly at all if the subject reports enjoying things s/he used to enjoy hardly at all.

Item 3. **Feeling frightened** Select only one option among the four possible choices.

- Select very definitely and quite badly if the subject reports very definitely and quite badly feeling a sort of frightened feeling as if something awful is about to happen.
- Select yes, but not too badly if the subject reports feeling a sort of frightened feeling as if something awful is about to happen but not too badly.
- Select a little, but it doesn't worry me if the subject reports a little bit of feeling a sort of frightened feeling as if something awful is about to happen, but it doesn't worry him/her.
- Select not at all if the subject reports not at all feeling a sort of frightened feeling as if something awful is about to happen.

- Item 4. **Laughing and seeing the funny side** Select only one option among the four possible choices.
- Select as much as I always could if the subject reports being able to laugh and see the funny side of things as much as s/he always could.
  - Select not quite so much now if the subject reports being able to laugh and see the funny side of things not quite so much now s/he always could.
  - Select definitely not so much now if the subject reports being able to laugh and see the funny side of things definitely not so much now as s/he always could.
  - Select not at all if the subject reports being able to laugh and see the funny side of things not at all.
- Item 5. **Worrying thoughts** Select only one option among the four possible choices.
- Select a great deal of the time if the subject reports experiencing worrying thoughts going through his/her mind a great deal of the time.
  - Select a lot of the time if the subject reports experiencing worrying thoughts going through his/her mind a lot of the time.
  - Select not too often if the subject reports experiencing worrying thoughts going through his/her mind not too often.
  - Select very little if the subject reports experiencing worrying thoughts going through his/her mind very little.
- Item 6. **Feeling cheerful** Select only one option among the four possible choices.
- Select never if the subject reports never feeling cheerful.
  - Select not often if the subject reports feeling cheerful not often.
  - Select sometimes if the subject reports sometimes feeling cheerful.
  - Select most of the time if the subject reports feeling cheerful most of the time.
- Item 7. **Can sit at ease and relax** Select only one option among the four possible choices.
- Select definitely if the subject reports definitely being able to sit at ease and relax.
  - Select usually if the subject reports usually being able to sit at ease and relax.
  - Select not often if the subject reports being able to sit at ease and relax not often.
  - Select not at all if the subject reports not being able to sit at ease and relax.
- Item 8. **Feeling as if slowing down** Select only one option among the four possible choices.
- Select nearly all the time if the subject reports feeling as if s/he is slowed down nearly all the time.
  - Select very often if the subject reports very often feeling as if s/he is slowed down.
  - Select sometimes if the subject reports feeling as if s/he is slowed down sometimes.
  - Select not at all if the subject does not reports feeling as if s/he is slowed down.
- Item 9. **'Butterflies' in the stomach** Select only one option among the four possible choices.
- Select not at all if the subject does not reports getting a sort of frightened feeling of 'butterflies' in the stomach.
  - Select occasionally if the subject reports getting a sort of frightened feeling of 'butterflies' in the stomach occasionally.
  - Select quite often if the subject reports getting a sort of frightened feeling of 'butterflies' in the stomach quite often.
  - Select very often if the subject reports getting a sort of frightened feeling of 'butterflies' in the stomach very often.

- Item 10. **Lost interest in appearance** Select only one option among the four possible choices.
- Select definitely if the subject reports definitely feeling like s/he has lost interest in his/her appearance.
  - Select I don't take as much care as I should if the subject reports not taking as much care as s/he should in his/her appearance.
  - Select I may not take quite as much care if the subject reports not taking as much care as s/he might in his/her appearance.
  - Select I take just as much care as ever if the subject reports taking as much care as ever in his/her appearance.
- Item 11. **Feeling restless** Select only one option among the four possible choices.
- Select very much indeed if the subject reports very much indeed feeling restless as s/he has to be on the move.
  - Select quite a lot if the subject reports feeling restless as s/he has to be on the move quite a lot.
  - Select not very much if the subject reports feeling restless as s/he has to be on the move not very much.
  - Select not at all if the subject does not report feeling restless as s/he has to be on the move.
- Item 12. **Looking forward with enjoyment to things** Select only one option among the four possible choices.
- Select as much as I ever did if the subject reports looking forward with enjoyment to things as much as s/he ever did.
  - Select rather less than I used to if the subject reports looking forward with enjoyment to things rather less than s/he ever did.
  - Select definitely less than I used to if the subject reports looking forward with enjoyment to things definitely less than s/he used to.
  - Select hardly at all if the subject reports looking forward with enjoyment to things hardly at all.
- Item 13. **Sudden feelings of panic** Select only one option among the four possible choices.
- Select very often indeed if the subject reports getting sudden feelings of panic very often indeed.
  - Select quite often if the subject reports getting sudden feelings of panic quite often.
  - Select not very often if the subject reports getting sudden feelings of panic not very often.
  - Select not at all if the subject does not reports getting sudden feelings of panic.
- Item 14. **Enjoy a good book** Select only one option among the four possible choices.
- Select often if the subject reports being able to enjoy a good book or radio or TV program often.
  - Select sometimes if the subject reports being able to enjoy a good book or radio or TV program sometimes.
  - Select not often if the subject reports being able to enjoy a good book or radio or TV program not often.
  - Select very seldom if the subject reports being able to enjoy a good book or radio or TV program very seldom.

Save and close the form.

**NOTE. HADS SCORING: The HADS score is automatically calculated for you in the CSF form. Open the CSF form and tab through the HADS score item on the CSF form and save for the script to run and populate the cell with the score.**