

The Hospital Anxiety and Depression Scale

(Snaith, R.P. (2003) *Health and Quality of Life Outcomes*, 1:29)

This questionnaire is designed to help us know how you feel. 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 feel as if I am slowed down

Nearly all the time

Very often

Sometimes

Not at all

I still enjoy the things I used to enjoy

Definitely as much

Not quite so much

Only a little

Hardly at all

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

Not at all

Occasionally

Quite often

Very often

I get a sort of frightened feeling as if 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 have lost interest in my appearance

Definitely

I don't take so much care as I should

I may not take quite as much care

I take just as much care as ever

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

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

Very much indeed

Quite a lot

Not very much

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 look forward with enjoyment to things

As much as I ever did

Rather less than I used to

Definitely less than I used to

Hardly at all

I feel cheerful

Not at all

Not often

Sometimes

Most of the time

I get sudden feelings of panic

Very often indeed

Quite often

Not very often

Not at all

I can sit at ease and feel relaxed

Definitely

Usually

Not often

Not at all

I can enjoy a good book or radio or TV programme

Often

Sometimes

Not often

Very seldom

Scoring – 7 or less = no anxiety/depression, 8 – 10 = mild, 11 or more = moderate.