

HOSPITAL ANXIETY AND DEPRESSION SCALE (HADS)

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| ID NUMBER: | | | | | | | | | |
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FORM CODE: HDS
 VERSION: 1.0 01/10/2025

Event: _____

0a) Date of Collection: / /

0b) Staff Code:

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

Clinicians are aware that emotions play an important part in most illnesses. If your clinician knows about these feelings, he or she will be able to help you more.

This questionnaire is designed to help your clinician to know how you feel. Read each item below and select 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.

1) I feel tense or 'wound up'.

- Most of the time₃
- A lot of the time₂
- From time to time, occasionally₁
- Not at all₀

2) I still enjoy the things I used to enjoy.

- Definitely as much₀
- Not quite so much₁
- Only a little₂
- Hardly at all₃

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

- Very definitely and quite badly₃
- Yes, but not too badly₂
- A little, but it doesn't worry me₁
- Not at all₀

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

- As much as I always could₀
- Not quite so much now₁
- Definitely not so much now₂
- Not at all₃

5) Worrying thoughts go through my mind.

- A great deal of the time₃
- A lot of the time₂
- Not too often₁
- Very little₀

6) I feel cheerful.

- Never₃
- Not often₂
- Sometimes₁
- Most of the time₀

7) I can sit at ease and feel relaxed.

- Definitely₀
- Usually₁
- Not often₂
- Not at all₃

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8) I feel as if I am slowed down.

- Nearly all the time₃
- Very often₂
- Sometimes₁
- Not at all₀

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

- Not at all₀
- Occasionally₁
- Quite often₂
- Very often₃

10) I have lost interest in my appearance.

- Definitely₃
- I don't take as much care as I should₂
- I may not take quite as much care₁
- I take just as much care as ever₀

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

- Very much indeed₃
- Quite a lot₂
- Not very much₁
- Not at all₀

12) I look forward with enjoyment to things.

- As much as I ever did₀
- Rather less than I used to₁
- Definitely less than I used to₂
- Hardly at all₃

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13) I get sudden feelings of panic.

- Very often indeed₃
- Quite often₂
- Not very often₁
- Not at all₀

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

- Often₀
- Sometimes₁
- Not often₂
- Very seldom₃

For any information on the use of the HADS, please contact Mapi Research <https://eprovide.mapi-trust.org/>.

END OF FORM