

HADS

Please complete the survey below.

Thank you!

Hospital Anxiety & Depression Scale: HADS

- | | |
|---|--|
| 1. I feel tense or "wound up". | <input type="radio"/> Most of the time
<input type="radio"/> A lot of the time
<input type="radio"/> From time to time occasionally
<input type="radio"/> Not at all |
| 2. I still enjoy the things I used to enjoy. | <input type="radio"/> Definitely as much
<input type="radio"/> Not quite so much
<input type="radio"/> Only a little
<input type="radio"/> Hardly at all |
| 3. I get a sort of frightened feeling as if something awful is about to happen. | <input type="radio"/> Very definitely and quite badly
<input type="radio"/> Yes, but not too badly
<input type="radio"/> A little, but it doesn't worry me
<input type="radio"/> Not at all |
| 4. I can laugh and see the funny side of things. | <input type="radio"/> As much as I always could
<input type="radio"/> Not quite so much now
<input type="radio"/> Definitely not so much now
<input type="radio"/> Not at all |
| 5. Worrying thoughts go through my mind. | <input type="radio"/> A great deal of the time
<input type="radio"/> A lot of the time
<input type="radio"/> From time to time but not too often
<input type="radio"/> Only occasionally |
| 6. I feel cheerful. | <input type="radio"/> Never
<input type="radio"/> Not often
<input type="radio"/> Sometimes
<input type="radio"/> Most of the time |
| 7. I can sit at ease and feel relaxed. | <input type="radio"/> Definitely
<input type="radio"/> Usually
<input type="radio"/> Not often
<input type="radio"/> Not at all |
| 8. I feel as if I am slowed down. | <input type="radio"/> Nearly all the time
<input type="radio"/> Very often
<input type="radio"/> Sometimes
<input type="radio"/> Not at all |
| 9. I get a sort of frightened feeling like butterflies in the stomach. | <input type="radio"/> Not at all
<input type="radio"/> Occasionally
<input type="radio"/> Quite often
<input type="radio"/> Very often |
| 10. I have lost interest in my appearance. | <input type="radio"/> Definitely
<input type="radio"/> I don't take as much care as I should
<input type="radio"/> I may not take quite as much care
<input type="radio"/> I take just as much care as ever |

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

- Very much indeed
- Quite a lot
- Not very much
- Not at all

12. 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

13. I get sudden feelings of panic.

- Very often indeed
- Quite often
- Not very often
- Not at all

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

- Often
- Sometimes
- Not often
- Very Seldom

Depression Score

Total score will be calculated upon data entry into REDCap.

Anxiety Score

Total score will be calculated upon data entry into REDCap.
