

Hospital Anxiety and Depression Score (HADS)

This questionnaire helps your physician to know how you are feeling. Read every sentence. Place an "X" on the answer that best describes how you have been feeling during the LAST WEEK. You do not have to think too much to answer. In this questionnaire, spontaneous answers are more important

A	I feel tense or 'wound up': Most of the time A lot of the time From time to time (occ.) Not at all	3 2 1 0
D	I still enjoy the things I used to enjoy: Definitely as much Not quite as much Only a little Hardly at all	0 1 2 3
A	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	3 2 1 0
D	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	0 1 2 3
A	Worrying thoughts go through my mind: A great deal of the time A lot of the time From time to time, but not often Only occasionally	3 2 1 0
D	I feel cheerful: Not at all Not often Sometimes Most of the time	3 2 1 0
A	I can sit at ease and feel relaxed: Definitely Usually Not often Not at all	0 1 2 3

D	I feel as if I am slowed down: Nearly all the time Very often Sometimes Not at all	3 2 1 0
A	I get a sort of frightened feeling like "butterflies" in the stomach: Not at all Occasionally Quite often Very often	0 1 2 3
D	I have lost interest in my appearance: Definitely I don't take as much care as I should I may not take quite as much care I take just as much care	3 2 1 0
A	I feel restless as I have to be on the move: Very much indeed Quite a lot Not very much Not at all	3 2 1 0
D	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	0 1 2 3
A	I get sudden feelings of panic: Very often indeed Quite often Not very often Not at all	3 2 1 0
D	I can enjoy a good book or radio/TV program: Often Sometimes Not often Very seldom	0 1 2 3