

Patient last name:

Date of birth: / /

Patient first name:

Date: / /

Hospital Anxiety and Depression Scale (HAD)

Doctors are aware that emotions play an important part in most illnesses.
If your doctor knows about these feelings he will be able to help you more.

This questionnaire is designed to help your doctor to know how you feel.

Ignore the numbers printed on the left of the questionnaire.

Read each item and underline 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.

	A	I feel tense or 'wound up':
	3 2 1 0	Most of the time A lot of the time From time to time, occasionally Not at all
D		I still enjoy the things I used to enjoy:
0 1 2 3		Definitely as much Not quite so much Only a little Hardly at all
	A	I get a sort of frightened feeling as if something awful is about to happen:
	3 2 1 0	Very definitely and quite badly Yes, but not too badly A little, but it doesn't worry me Not at all
D		I can laugh and see the funny side of things:
0 1 2 3		As much as I always could Not quite so much now Definitely not so much now Not at all
	A	Worrying thoughts go through my mind:
	3 2 1 0	A great deal of the time A lot of the time From time to time but not too often Only occasionally
D		I feel cheerful:
3 2 1 0		Not at all Not often Sometimes Most of the time

	A	I can sit at ease and feel relaxed:
	0 1 2 3	Definitely Usually Not often Not at all
D		I feel as if I am slowed down:
3 2 1 0		Nearly all the time Very often Sometimes Not at all
	A	I get a sort of frightened feeling like 'butterflies' in the stomach:
	0 1 2 3	Not at all Occasionally Quite often Very often
D		I have lost interest in my appearance:
3 2 1 0		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
	A	I feel restless as if I have to be on the move:
	3 2 1 0	Very much indeed Quite a lot Not very much Not at all
D		I look forward with enjoyment to things:
0 1 2 3		As much as ever I did Rather less than I used to Definitely less than I used to Hardly at all
	A	I get sudden feelings of panic:
	3 2 1 0	Very often indeed Quite often Not very often Not at all
D		I can enjoy a good book or radio or TV program:
0 1 2 3		Often Sometimes Not often Very seldom
		< Scores