

# PRIVATE AND CONFIDENTIAL

## HADS

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: F/M

Surgery: \_\_\_\_\_ Dr: \_\_\_\_\_

Date: \_\_\_\_\_

PLEASE SELECT THE OPTION THAT IS CLOSEST TO HOW YOU HAVE BEEN FEELING IN THE PAST WEEK.

DON'T TAKE TOO LONG OVER YOUR REPLIES: YOUR IMMEDIATE ANSWER IS BEST.

### DEPRESSION:

I still enjoy the things I used to enjoy:

I feel as if I am slowed down:

I have lost interest in my appearance:

I can laugh and see the funny side of things:

I look forward with enjoyment to things:

I feel cheerful:

I can enjoy a good book or radio or TV program:

Depression Total Score:

### ANXIETY:

## **PRIVATE AND CONFIDENTIAL**

I feel tense or 'wound up': I feel as if I am slowed down:

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

I get a sort of frightened feeling as if something awful is about to happen:

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

Worrying thoughts go through my mind:

I get sudden feelings of panic:

I can sit at ease and feel relaxed:

**PLEASE CHECK YOU HAVE ANSWERED ALL QUESTIONS BEFORE CONTINUING**

Anxiety Total Score

0-7 = Normal

8-10 = Borderline abnormal (borderline case)

11-21 = Abnormal (case)

**THANK YOU FOR COMPLETING THIS QUESTIONNAIRE**

### **STAFF USE ONLY**

Participants NHS Number:

Researchers Name:

NHS Site Number:

NHS Site Name:

Postcode: