医院焦虑与抑郁量表HADS

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.

1.I feel tense or 'wound up':

Most of the time

A lot of the time

From time to time, occasionally

Not at all

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

Definitely as much

Not quite so much

Only a little

Hardly at all

3.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

4.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

5.Worrying thoughts go through my mind:

A great deal of the time

A lot of the time

From time to time but not too often

Only occasionally

6.I feel cheerful:

Not at all

Not often

Sometimes

Most of the time

7.I can sit at ease and feel relaxed:

Definitely

Usually

Not often

Not at all

8.I feel as if I am slowed down:

Nearly all the time

Very often

Sometimes

Not at all

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

Not at all

Occasionally

Quite often

Very often

10.I have lost interest in my appearance:

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

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 ever I 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 programme:

Often

Sometimes

Not often

Very seldom

The HADS is a short, self-reporting questionnaire consisting of 14 questions with two 7-item subscales for anxiety and depression assessment. For each subscale, the scores can be divided into 0–7 (normal cases), 8–10 (borderline cases), and over 11 (severe cases). Moreover, anxiety and depression scores are summed separately.

参考文献：

Zigmond, A. S., & Snaith, R. P. (1983). The hospital anxiety and depression scale. Acta psychiatrica scandinavica, 67(6), 361-370. <https://doi.org/10.1111/j.1600-0447.1983.tb09716.x>