

The Anxiety and Depression Scale (HAD Scale)

Statement	Response	Points
I feel tense or "wound up."	Most of the time	3 (A)
	A lot of the time	2
	From time to time occasionally	1
	Not at all	0
I still enjoy the things I used to enjoy	Definitely as much	0 (D)
	Not quite as much	1
	Only a little	2
	Hardly at all	3
I get a sort of frightened feeling as if something awful is about to happen	Very definitely and quite badly	3 (A)
	Yes but not too badly	2
	A little but it doesn't worry me	1
	Not at all	0
I can laugh and see the funny side of things	As much as I always could	0 (D)
	Not quite so much now	1
	Definitely not so much now	2
	Not at all	3
Worrying thoughts go through my mind	A great deal of the time	3 (A)
	A lot of the time	2
	From time to time but not too often	1
	Only occasionally	0
I feel cheerful	Not at all	3 (D)
	Not often	2
	Sometimes	1
	Most of the time	0
I can sit at ease and feel relaxed	Definitely	0 (A)
	Usually	1
	Not often	2
	Not at all	3
I feel as if I am slowed down	Nearly all the time	3 (D)
	Very often	2
	Sometimes	1
	Not at all	0
I get a sort of frightened feeling like "butterflies" in the stomach	Not at all	0 (A)
	Occasionally	1
	Quite often	2
	Very often	3

I have lost interest in my appearance	Definitely	3 (D)
	I don't take so much care as I should	2
	I may not take quite as much care	1
	I take just as much care as ever	0
I feel restless as if I have to be on the move	Very much indeed	3 (A)
	Quite a lot	2
	Not very much	1
	Not at all	0
I look forward with enjoyment to things	As much as I ever did	0 (D)
	Rather less than I used to	1
	Definitely less than I used to	2
	Hardly at all	3
I get sudden feelings of panic	Very often indeed	3 (A)
	Quite often	2
	Not very often	1
	Not at all	0
I can enjoy a good book or radio or TV program	Often	0 (D)
	Sometimes	1
	Not often	2
	Very seldom	3

Sum the points for the 7 Anxiety (A) Items.

Anxiety subscore = _____

Sum the points for the 7 Depression (D) Items.

Depression subscore = _____

Subscore	Anxiety or Depression
≤ 7	Not present
8-10	Doubtful
≥ 11	Definite

Reference and assay authors: Zigmond AS Snaith RP. The Hospital Anxiety and Depression Scale. ACTA Psychiatr. Scand. 1983; 67: 361-370.

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