

Name:
Tel Number:

DOB:
NHI Number:

HADS QUESTIONNAIRE

This questionnaire will help 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 1. I feel tense or wound up.

- 3 () Most of the time
2 () A lot of the time
1 () From time to time
0 () Not at all

A 3. I get sort of frightened feeling as if something awful is about to happen.

- 3 () Very definitely and quite badly
2 () Yes, but not too badly
1 () A little, but it doesn't worry me
0 () Not at all

A 5. A worrying thought goes through my mind.

- 3 () A great deal of the time
2 () A lot of the time
1 () From time to time but not too often
0 () Only occasionally

A 7. I can sit at ease and feel relaxed.

- 0 () Definitely
1 () Usually
2 () Not often
3 () Not at all

A 9. I get a sort of frightened feeling, like butterflies in the stomach.

- 0 () Not at all
1 () Occasionally
2 () Quite often
3 () Very often

A 11. I feel restless, as if I have to be on the move.

- 3 () Very much indeed
2 () Quite a lot
1 () Not very much
0 () Not at all

A 13. I get a sudden feeling of panic.

- 3 () Very often indeed
2 () Quite often
1 () Not very often
0 () Not at all

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

- 0 () Definitely as much
1 () Not quite so much
2 () Only a little
3 () Hardly at all

D 4. I can laugh and see the funny side of things.

- 0 () As much as I always could
1 () Not quite as much now
2 () Definitely not so much now
3 () Not at all

D 6. I feel cheerful.

- 3 () Not at all
2 () Not often
1 () Sometimes
0 () Most of the time

D 8. I feel that I have slowed down.

- 3 () Nearly all the time
2 () Very often
1 () Sometimes
0 () Not at all

D 10. I have lost interest in my appearance.

- 3 () Definitely
2 () I don't take so much care as I should
1 () I may not take quite as much care
0 () I take just as much care as ever

D 12. I look forward to things with enjoyment.

- 0 () As much as I ever did
1 () Rather less than I used to
2 () Definitely less than I used to
3 () Hardly at all

D 14. I can enjoy a good TV or radio program or book.

- 0 () Often
1 () Sometimes
2 () Not often
3 () Very seldom

Total Score A _____ D _____

Date: _____