

HOSPITAL ANXIETY AND DEPRESSION SCORE.

This section of the questionnaire will help you let us know how you are. Read each item and underline the response which comes closest to how you have felt in the last few days.

Don't take too long over your replies, your immediate reaction will probably be more accurate than a long thought out response.

I feel tense or 'wound up'	I feel as if I am slowed down
Most of the time	Nearly all the time
A lot of the time	Very often
From time to time, occasionally	Sometimes
Not at all	Not at all
I still enjoy things I used to enjoy	I get a sort of frightened feeling like 'butterflies' in the stomach
Definitely as much	Not at all
Not quite so much	Occasionally
Only a little	Quite often
Hardly at all	Very often
I get a sort of frightened feeling as if something awful is about to happen	I have lost interest in my appearance
Very definitely and quite badly	Definitely
Yes, but not too badly	I don't take as much care as I should
A little, but it doesn't worry me	I may not take quite as much care
Not at all	I take just as much care as ever
I can laugh and see the funny side of things	I feel restless as if I have to be on the move
As much as I always could	Very much indeed
Not quite so much now	Quite a lot
Definitely not as much now	Not very much
Not at all	Not at all
Worrying thoughts go through my mind	I look forward with enjoyment to things
A great deal of the time	As much as I ever did
A lot of the time	Rather less than I used to
From time to time but not too often	Definitely less than I used to
Only occasionally	Hardly at all
I feel cheerful	I get sudden feelings of panic
Not at all	Very often indeed
Not often	Quite often
Sometimes	Not very often
Most of the time	Not at all
I can sit at ease and feel relaxed	I can enjoy a good book or radio or TV
Definitely	Often
Usually	Sometimes
Not often	Not often
Not at all	Very seldom

A	I feel tense or 'wound up'	I feel as if I am slowed down	D
3	Most of the time	Nearly all the time	3
2	A lot of the time	Very often	2
1	From time to time, occasionally	Sometimes	1
0	Not at all	Not at all	0
D	I still enjoy things I used to enjoy	I get a sort of frightened feeling like 'butterflies' in the stomach	A
0	Definitely as much	Not at all	0
1	Not quite so much	Occasionally	1
2	Only a little	Quite often	2
3	Hardly at all	Very often	3
A	I get a sort of frightened feeling as if something awful is about to happen	I have lost interest in my appearance	D
3	Very definitely and quite badly	Definitely	3
2	Yes, but not too badly	I don't take as much care as I should	2
1	A little, but it doesn't worry me	I may not take quite as much care	1
0	Not at all	I take just as much care as ever	0
D	I can laugh and see the funny side of things	I feel restless as if I have to be on the move	A
0	As much as I always could	Very much indeed	3
1	Not quite so much now	Quite a lot	2
2	Definitely not as much now	Not very much	1
3	Not at all	Not at all	0
A	Worrying thoughts go through my mind	I look forward with enjoyment to things	D
3	A great deal of the time	As much as I ever did	0
2	A lot of the time	Rather less than I used to	1
1	From time to time but not too often	Definitely less than I used to	2
0	Only occasionally	Hardly at all	3
D	I feel cheerful	I get sudden feelings of panic	A
3	Not at all	Very often indeed	3
2	Not often	Quite often	2
1	Sometimes	Not very often	1
0	Most of the time	Not at all	0
A	I can sit at ease and feel relaxed	I can enjoy a good book or radio or TV programme	D
0	Definitely	Often	0
1	Usually	Sometimes	1
2	Not often	Not often	2
3	Not at all	Very seldom	3