Appendix 1: The HADS items and responses

|  |  |  |
| --- | --- | --- |
| **Item \_code** | **Item** | **Response** |
| HADS\_1 | I feel tense or 'wound up' | 0 = Not at all 1 = From time to time, occasionally  2 = A lot of the time  3 = Most of the time |
| HADS\_2 | I still enjoy the things I used to enjoy | 0 = Definitely as much 1 = Not quite as much  2 = Only a little  3 = Hardly at all |
| HADS\_3 | I get a sort of frightened feeling as if something awful is about to happen | 0 = Not at all 1 = A little, but it doesn’t worry me  2 = Yes, but not too badly  3 = Very definitely and quite badly |
| HADS\_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 |
| HADS\_5 | Worrying thoughts go through my mind | 0 = Only occasionally 1 = From time to time, but not too often  2 = A lot of the time  3 = A great deal of time |
| HADS\_6 | I feel cheerful | 0 = Most of the time 1 = Sometimes  2 = Not often  3 = Not at all |
| HADS\_7 | I can sit at ease and feel relaxed | 0 = Definitely 1 = Usually  2 = Not often  3 = Not at all |
| HADS\_8 | I feel as if I am slowed down | 0 = Not at all 1 = A little, but it doesn’t worry me  2 = Yes, but not too badly  3 = Very definitely and quite badly |
| HADS\_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 |
| HADS\_10 | I have lost interest in my appearance | 0 = I take just as much care as ever  1 = I may not take quite as much care  2 = I don’t take as much care as I should  3 = Definitely |
| HADS\_11 | I feel restless as I have to be on the move | 0 = Not at all  1 = Not very much  2 = Quite a lot  3 = Very much indeed |
| HADS\_12 | I look forward with enjoyment to things | 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 |
| HADS\_13 | I get sudden feelings of panic | 0 = Not at all  1 = Not very often  2 = Quite often  3 = Very often indeed |
| HADS\_14 | I can enjoy a good book or radio or TV program | 0 = Often  1 = Sometimes  2 = Not often  3 = Very seldom |

\*\*\*Scoring: 0-7 = Normal; 8-10 = Borderline abnormal; 11-21 = Abnormal