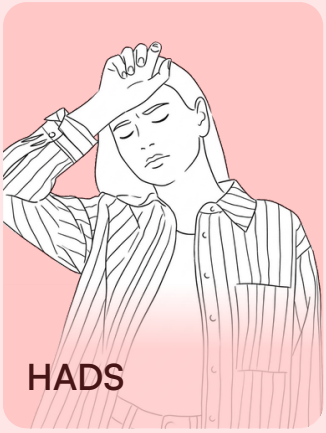


Hospital Anxiety and Depression Scale (HADS)

The HADS is an instrument for identifying potential cases of anxiety and depression. It is designed to be simple and quick for patients to complete themselves, enabling health professionals to identify common emotional disorders in hospitalized patients and outpatients.

Number of questions	14 questions
Estimated duration	3 minutes
Language	English
Original name	Hospital Anxiety and Depression Scale
Target audience	Adults
Authors	Zigmond A.S., Snaith R.P (1983)
Category	Depression, Anxiety

Preview of the 14 questions

I feel tense or worked up

Never | From time to time | Often | Most of the time

I take pleasure in the same things as before

Yes, just as much | Not as much | Only a little | Hardly anymore

I have a feeling of fear, as if something horrible were about to happen to me

Not at all | A little, but that doesn't worry me | Yes, but it's not too serious | Yes, very clearly

I laugh easily and see the bright side of things

As much as in the past | Not as much as before | Much less than before | Not at all anymore

I worry

Very occasionally | Occasionally | Fairly often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The scale has 14 scored items. Each item is scored from 0 to 3. 7 questions relate to anxiety (total A) and the other 7 to the depressive dimension (total D), yielding two scores (maximum for each score = 21).

Usage

This tool is not available on Mentaal. To access this questionnaire, please go to the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

Go to ePROVIDE™ ›

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“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist