

HAD Scale

Doctors are aware that emotions play an important part in most illnesses. If your doctor knows about these feelings he will be able to help you more. This questionnaire is designed to help your doctor to know how you feel.

Read each item and place a firm tick in the box opposite the reply which comes closest to how you have been feeling in the past week. Don't take too long over your replies: your immediate reaction to each item will probably be more accurate than a long thought-out response.

1. I feel tense or 'wound up':

Most of the time	<input type="checkbox"/>	<input checked="" type="checkbox"/>
A lot of the time	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Time to time, occasionally	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not at all	<input type="checkbox"/>	<input checked="" type="checkbox"/>

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

Definitely as much	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not quite so much	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Only a little	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Hardly at all	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

Very definitely and quite badly	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Yes, but not too badly	<input type="checkbox"/>	<input checked="" type="checkbox"/>
A little, but it doesn't worry me	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not at all	<input type="checkbox"/>	<input checked="" type="checkbox"/>

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

As much as I always could	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not quite so much now	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Definitely not so much now	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not at all	<input checked="" type="checkbox"/>	<input type="checkbox"/>

5. Worrying thoughts go through my mind:

A great deal of the time	<input type="checkbox"/>	<input checked="" type="checkbox"/>
A lot of the time	<input type="checkbox"/>	<input checked="" type="checkbox"/>
From time to time but not too often	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Only occasionally	<input type="checkbox"/>	<input checked="" type="checkbox"/>

6. I feel cheerful:

Not at all	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not often	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sometimes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Most of the time	<input checked="" type="checkbox"/>	<input type="checkbox"/>

7. I can sit at ease and feel relaxed:

Definitely	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Usually	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not often	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not at all	<input type="checkbox"/>	<input checked="" type="checkbox"/>

8. I feel as if I am slowed down:

Nearly all the time	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Very often	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sometimes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not at all	<input checked="" type="checkbox"/>	<input type="checkbox"/>

9. I get a sort of frightened feeling like 'butterflies' in the stomach:

Not at all	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Occasionally	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Quite often	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Very often	<input type="checkbox"/>	<input checked="" type="checkbox"/>

10. I have lost interest in my appearance:

Definitely	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I don't take so much care as I should	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I may not take as much care	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I take just as much care as ever	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

Very much indeed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Quite a lot	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not very much	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not at all	<input type="checkbox"/>	<input checked="" type="checkbox"/>

12. I look forward with enjoyment to things:

As much as I ever did	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Rather less than I used to	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Definitely less than I used to	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Hardly at all	<input checked="" type="checkbox"/>	<input type="checkbox"/>

13. I get sudden feelings of panic:

Very often indeed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Quite often	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not very often	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Not at all	<input type="checkbox"/>	<input checked="" type="checkbox"/>

14. I can enjoy a good book or radio or TV programme:

Often	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sometimes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Not often	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Very Seldom	<input checked="" type="checkbox"/>	<input type="checkbox"/>