

## *How bad is your depression?*

The Hospital Anxiety and Depression scale is a screening tool for depression by Dr Snaith. Answer each question and add up your scores. \_\_\_\_\_

Please read each group of statements carefully, and then pick the one statement (by writing the number in the box) that comes closest to describing how you have been feeling in the past week. Don't take too long over your replies: your immediate reaction will probably be more accurate than a long thought-out response.

SCORE

1. 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

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

0 As much as I always could

1 Not quite so much now

2 Definitely not so much now

3 Not at all

3. I feel cheerful:
- 3 Not at all
- 2 Not often
- 1 Sometimes
- 0 Most of the time
4. I feel as if I am slowed down:
- 3 Nearly all the time
- 2 Very often
- 1 Sometimes
- 0 Not at all
5. 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
6. 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
7. I can enjoy a good book, film or radio or  
TV programme:
- 0 Often
- 1 Sometimes
- 2 Not often
- 3 Very seldom

TOTAL