(143) Hospital anxiety and depression

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Please select you situation in the past week | Not at all | Sometimes | Very often | Most of the time |
| 1. | I feel tensed or wound up | 0 | 1 | 2 | 3 |
| 2. | I still enjoy the things I used to enjoy | 0 | 1 | 2 | 3 |
| 3. | I get a sort of frightened feeling as if something awful is about to happen | 0 | 1 | 2 | 3 |
| 4. | I can laugh and see the funny side of things | 0 | 1 | 2 | 3 |
| 5. | Worrying thoughts go through my mind | 0 | 1 | 2 | 3 |
| 6. | I feel cheerful | 0 | 1 | 2 | 3 |
| 7. | I can sit at ease and feel relaxed | 0 | 1 | 2 | 3 |
| 8. | I feel as if I am slowed down | 0 | 1 | 2 | 3 |
| 9. | I get a sort of frightened feeling like  ‘butterflies’ in the stomach | 0 | 1 | 2 | 3 |
| 10. | I have lost interest in my appearance | 0 | 1 | 2 | 3 |
| 11. | I feel restless as if I have to be on the move | 0 | 1 | 2 | 3 |
| 12. | I look forward with enjoyment to things | 0 | 1 | 2 | 3 |
| 13. | I get sudden feelings of panic | 0 | 1 | 2 | 3 |
| 14. | I can enjoy a good book or TV programme | 0 | 1 | 2 | 3 |