(283) Friends’ Hospital anxiety and depression

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