The Hospital Anxiety and Depression Scale (HADS)

Introduction/background information

The Hospital Anxiety and Depression Scale (HADS) was developed from a study conducted in the outpatient clinic of a general medical hospital. The findings of this study were published by Zigmond and Snaith (1983)1. HADS is comprised of 14 questions which assess levels of depression and anxiety. In a review of 747 studies by Bjelland et al, 2002, the researchers concluded that “The HADS was found to perform well in assessing severity and caseness of anxiety disorders”2.

Translations

HADS has been translated into all major European languages, and Arabic, Hebrew, Chinese, Japanese, and Urdu.

Mode of use

The HADS takes approximately 2-5 minutes to complete. It is reasonable practice for whoever administers HADS to ask the recipient to read aloud one or other statements in the questionnaire. The recipient of the questionnaire is asked to complete it based on how they have felt in the past week.

Scoring and interpretation

A record chart is provided by the publisher of HADS, and this can be used to display progress3. HADS is available in both digital and paper formats, and can be purchased from GL assessment3.

Validity and reliability

HADS has been validated for use in a range of different languages, and conditions4,5,6,7. A range of validation studies have taken place. A review of these has been published, and this has been updated recently by Bjelland et al, 2002. HADS has been validated also for use in adolescents8.

References:
