

## **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)<sup>1</sup>. 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”<sup>2</sup>.

### **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 progress<sup>3</sup>. HADS is available in both digital and paper formats, and can be purchased from GL assessment<sup>3</sup>.

### **Validity and reliability**

HADS has been validated for use in a range of different languages, and conditions<sup>4,5,6,7</sup>. 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 adolescents<sup>8</sup>.

### **References:**

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4. Barth J, Martin CR. [Factor structure of the Hospital Anxiety and Depression Scale \(HADS\) in German coronary heart disease patients](#). *Health and Quality of Life Outcomes*. 2005;3:15.
5. Tang WK, Wong E, Chiu HF, et al. [Rasch analysis of the scoring scheme of the HADS Depression subscale in Chinese stroke patients](#). *Psychiatry Research*. 2007;150(1):97-103. Epub 2007 Jan 30.
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patients in Taiwan. *Psychooncology*. 2011;20(6):639-46.

8. White D, Leach C, Sims R, et al. Validation of the HADS in adolescents. *British Journal of Psychiatry* 1999;175:452-4.