

Hospital Anxiety and Depression Scale (HADS)

Name Date

Tick the box beside the reply that is closest to how you have been feeling in the past week. Try to answer the questions as fast as possible, and avoid overthinking

D	A	I feel tense or "wound up":	D	A	I feel as if I am slowed down:
<input type="checkbox"/>	3	Most of the time	3	<input type="checkbox"/>	Nearly all the time
<input checked="" type="checkbox"/>	2	A lot of the time	2	<input type="checkbox"/>	Very Often
<input type="checkbox"/>	1	From time to time, occasionally	1	<input checked="" type="checkbox"/>	Sometimes
<input type="checkbox"/>	0	Not at all	0	<input type="checkbox"/>	Not at all
I still enjoy the things I used to enjoy:			I feel cheerful:		
0	<input type="checkbox"/>	Definitely as much	3	<input type="checkbox"/>	Not at all
1	<input type="checkbox"/>	Not quite so much	2	<input checked="" type="checkbox"/>	Not often
2	<input checked="" type="checkbox"/>	Only a little	1	<input type="checkbox"/>	Sometimes
3	<input type="checkbox"/>	Hardly at all	0	<input type="checkbox"/>	Most of the time
Worrying thoughts go through my mind			I have lost interest in my appearance:		
<input type="checkbox"/>	3	A great deal of the time	3	<input type="checkbox"/>	Definitely
<input checked="" type="checkbox"/>	2	A lot of the time	2	<input checked="" type="checkbox"/>	I don't take as much care as I should
<input type="checkbox"/>	1	From time to time, but not too often	1	<input type="checkbox"/>	I may not take quite as much care
<input type="checkbox"/>	0	Only occasionally	0	<input type="checkbox"/>	I take just as much care as ever
I can laugh and see the funny side of things:			I can sit at ease and feel relaxed		
0	<input type="checkbox"/>	As much as I always could	<input type="checkbox"/>	0	Definitely
1	<input checked="" type="checkbox"/>	Not quite so much now	<input checked="" type="checkbox"/>	1	Usually
2	<input type="checkbox"/>	Definitely not so much now	<input type="checkbox"/>	2	Not often
3	<input type="checkbox"/>	Not at all	<input type="checkbox"/>	3	Not at all
I feel restless as I have to be on the move:			I look forward with enjoyment to things:		
<input type="checkbox"/>	3	Very much indeed	0	<input type="checkbox"/>	As much as I ever did
<input checked="" type="checkbox"/>	2	Quite a lot	1	<input checked="" type="checkbox"/>	Rather less than I used to
<input type="checkbox"/>	1	Not very much	2	<input type="checkbox"/>	Definitely less than I used to
<input type="checkbox"/>	0	Not at all	3	<input type="checkbox"/>	Hardly at all
I can enjoy a good book or radio or TV program:			I get sudden feeling of panic		
0	<input type="checkbox"/>	Often	<input type="checkbox"/>	3	Very often indeed
1	<input checked="" type="checkbox"/>	Sometimes	<input checked="" type="checkbox"/>	2	Quite often
2	<input type="checkbox"/>	Not often	<input type="checkbox"/>	1	Not very often
3	<input type="checkbox"/>	Very seldom	<input type="checkbox"/>	0	Not at all
I get a sort of frightened feeling like "butterflies" in the stomach:					
<input checked="" type="checkbox"/>	0	Not at all			
<input type="checkbox"/>	1	Occasionally			
<input type="checkbox"/>	2	Quite often			
<input type="checkbox"/>	3	Very often			
I get a sort of frightened feeling as if something awful is about to happen:					
<input type="checkbox"/>	3	Very definitely and quite badly			
<input checked="" type="checkbox"/>	2	Yes, but not too badly			
<input type="checkbox"/>	1	A little, but it doesn't worry me			
<input type="checkbox"/>	0	Not at all			

Total Score: Depression (D) Anxiety (A)

0-7 = Normal, 8-10 = Borderline abnormal (borderline case), 11-21 = Abnormal (case)

I Had Depression

Minjie Lin



I Had Depression:

Unveiling the Magic of Words: A Review of "**I Had Depression**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**I Had Depression**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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