

# Hospital Anxiety and Depression Scale (HADS)

Name

Mickayla Saunders

Date

March 12, 2023

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

<b>D</b>	<b>A</b>	<b>I feel tense or "wound up":</b>	<b>D</b>	<b>A</b>	<b>I feel as if I am slowed down:</b>
<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
<b>I still enjoy the things I used to enjoy:</b>			<b>I feel cheerful:</b>		
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
<b>Worrying thoughts go through my mind</b>			<b>I have lost interest in my appearance:</b>		
<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
<b>I can laugh and see the funny side of things:</b>			<b>I can sit at ease and feel relaxed</b>		
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
<b>I feel restless as I have to be on the move:</b>			<b>I look forward with enjoyment to things:</b>		
<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
<b>I can enjoy a good book or radio or TV program:</b>			<b>I get sudden feeling of panic</b>		
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
<b>I get a sort of frightened feeling like "butterflies" in the stomach:</b>					
<input type="checkbox"/>	0	Not at all			
<input checked="" type="checkbox"/>	1	Occasionally			
<input type="checkbox"/>	2	Quite often			
<input type="checkbox"/>	3	Very often			
<b>I get a sort of frightened feeling as if something awful is about to happen:</b>					
<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

**RJ Shavelson**



**I Had Depression:**

The Top Books of the Year I Had Depression The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. I Had Depression : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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