Hospital Anxiety and Depression Scale (HADS or HAD Scale)


Contact Information – No information found

Price & Availability – Available from instrument website along with user's manual (complete set) £65.00. Manual only, £22.50. Record Forms only £45.00. Also published in original citation.

Brief Description of Instrument – Self-report questionnaire which measures depression and generalised anxiety. Useful in hospital, out-patient and community settings. Various translations available, please see instrument website for details.

Administration time – Instrument website reports 2 to 5 minutes.

Scale Format – 4-point Likert rating scale. Response options vary.

Administration Technique – Self-administered questionnaire.

Scoring and Interpretation – See user's manual for details. Reverse coding required. Cut-off scores given for degrees of depression (non case, doubtful care, case).

Factors and Norms – Anxiety and depression subscales. Normative data provided in user's manual.

Internal Consistency – Calculated Spearman correlations between each item and the total
score of the remaining items in the subscale. For anxiety items range from 0.76-0.41, $p <0.01$. Depression correlations 0.60-0.30, $p <0.02$.

**Construct Validity** – For patients with whom there was a distinct difference between psychiatrist assessment of severity of anxiety and depression, correlated patient ratings and clinician assessment to find significant correlations between the disorder of greater severity and a non-significant finding with the contrary scale. Supports that the subscales assess different aspects of mood disorder. To test if scores were influenced by physical illness apart from mood disorder, non-cases were compared to non-patient sample (hospital staff), non-significant results found.

**Criterion-Related Validity** – Compared scale score to assessment by a psychiatrist, Spearman correlation for depression $r=0.70$, anxiety $r=0.74$, $p<0.001$ for both.

**Content & Face Validity** – Items selected from research, modification of existing instruments, knowledge of clinical symptoms and responsiveness to antidepressant drug treatment. Items chosen to clearly separate the concepts of anxiety and depression.

**Strengths** – Brief instrument used extensively in health research. Useful in varied patient populations.


Bjelland I, Dahl AA, Haug TT, Neckelmann D. The validity of the Hospital Anxiety and
Hospital Anxiety and Depression Scale (HADS or HAD Scale)