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.

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Bjelland I, Dahl AA, Haug TT, Neckelmann D. The validity of the Hospital Anxiety and