

Table 1 – HAD Test

Tool related to the good practice recommendation “Stopping smoking: from individual screening to maintaining abstinence”

HAD: Hospital Anxiety and Depression scale

The HAD scale is used to screen for anxiety and depression. It includes 14 items scored 0 to 3. Seven questions cover anxiety (total A) and seven others depression (total D), leading to two scores (maximum for each = 21).

1. I feel tense or ‘wound up’

- Most of the time 3
- A lot of the time 2
- From time to time, occasionally 1
- Not at all 0

2. I still enjoy the things I used to enjoy:

- Definitely as much 0
- Not quite so much 1
- Only a little 2
- Hardly at all 3

3. I get a sort of frightened feeling as if something awful is about to happen:

- Very definitely and quite badly 3
- Yes, but not too badly 2
- A little, but it doesn't worry me 1
- Not at all 0

4. I can laugh and see the funny side of things

- As much as I always could 0
- Not quite so much now 1
- Definitely not so much now 2
- Not at all 3

5. Worrying thoughts go through my mind

- A great deal of the time 3
- A lot of the time 2
- From time to time, but not too often 1
- Only occasionally 0

6. I feel cheerful

- Not at all 3
- Not often 2
- Sometimes 1
- Most of the time 0

7. I can sit at ease and feel relaxed

- Definitely 0
- Usually 1
- Not often 2
- Not at all 3

8. I feel as if I am slowed down

- Nearly all the time 3
- Very often 2
- Sometimes 1
- Not at all 0

9. I get a sort of frightened feeling like ‘butterflies’ in the stomach

- Not at all 0
- Occasionally 1
- Quite often 2
- Very often 3

10. I have lost interest in my appearance

- Definitely 3
- I don't take as much care as I should 2
- I may not take quite as much care 1
- I take as much care as ever 0

11. I feel restless and I have to be on the move:

- Very much indeed 3
- Quite a lot 2
- Not very much 1
- Not at all 0

12. I look forward with enjoyment to things:

- As much as I ever did 0
- Rather less than I used to 1
- Definitely less than I used to 2
- Hardly at all 3

13. I get sudden feelings of panic:

- Very often indeed 3
- Quite often 2
- Not very often 1
- Not at all 0

14. I can enjoy a good book or radio or TV programme

- Often 0
- Sometimes 1
- Not often 2
- Very seldom 3