



Interviewer (initials)

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COPD Gene ID

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Month

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Day

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Year

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Center (eg, NJC)

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Hospital Anxiety and Depression Scale: HADS

1. I feel tense or "wound up".
 - Most of the time
 - A lot of the time
 - From time to time, occasionally
 - Not at all
2. I still enjoy the things I used to enjoy.
 - Definitely as much
 - Not quite so much
 - Only a little
 - Hardly at all
3. I get a sort of frightened feeling as if something awful is about to happen.
 - Very definitely and quite badly
 - Yes, but not too badly
 - A little, but it doesn't worry me
 - Not at all
4. I can laugh and see the funny side of things.
 - As much as I always could
 - Not quite so much now
 - Definitely not so much now
 - Not at all
5. Worrying thoughts go through my mind.
 - A great deal of the time
 - A lot of the time
 - From time to time but not too often
 - Only occasionally
6. I feel cheerful.
 - Never
 - Not often
 - Sometimes
 - Most of the time
7. I can sit at ease and feel relaxed.
 - Definitely
 - Usually
 - Not often
 - Not at all
8. I feel as if I am slowed down.
 - Nearly all the time
 - Very often
 - Sometimes
 - Not at all

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

- Not at all
- Occasionally
- Quite often
- Very often

10. I have lost interest in my appearance.

- Definitely
- I don't take as much care as I should
- I may not take quite as much care
- I take just as much care as ever

11. I feel restless as if I have to be on the move.

- Very much indeed
- Quite a lot
- Not very much
- Not at all

12. I look forward with enjoyment to things.

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

13. I get sudden feelings of panic.

- Very often indeed
- Quite often
- Not very often
- Not at all

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

- Often
- Sometimes
- Not often
- Very seldom