

Supplementary Material
Hospital Anxiety and Depression Scale (HADS)

Tick the box beside the reply that is closest to how you have been feeling in the past week. Don't take too long over your replies: your immediate is best.

A	I feel tense or 'wound up':	D	I have lost interest in my appearance:
	<input type="radio"/> Not at all		<input type="radio"/> I take just as much care as ever
	<input type="radio"/> From time to time, occasionally		<input type="radio"/> I may not take quite as much care
	<input type="radio"/> A lot of the time		<input type="radio"/> I don't take as much care as I should
	<input type="radio"/> Most of the time		<input type="radio"/> Definitely
D	I still enjoy the things I used to enjoy:	A	I feel restless as I have to be on the move:
	<input type="radio"/> Definitely as much		<input type="radio"/> Not at all
	<input type="radio"/> Not quite so much		<input type="radio"/> Not very much
	<input type="radio"/> Only a little		<input type="radio"/> Quite a lot
	<input type="radio"/> Hardly at all		<input type="radio"/> Very much indeed
A	I get a sort of frightened feeling as if something awful is about to happen:	D	I look forward with enjoyment to things:
	<input type="radio"/> Not at all		<input type="radio"/> As much as I ever did
	<input type="radio"/> A little, but it doesn't worry me		<input type="radio"/> Rather less than I used to
	<input type="radio"/> Yes, but not too badly		<input type="radio"/> Definitely less than I used to
	<input type="radio"/> Very definitely and quite badly		<input type="radio"/> Hardly at all
D	I can laugh and see the funny side of things:	A	I get sudden feelings of panic:
	<input type="radio"/> As much as I always could		<input type="radio"/> Not at all
	<input type="radio"/> Not quite so much now		<input type="radio"/> Not very often
	<input type="radio"/> Definitely not so much now		<input type="radio"/> Quite often
	<input type="radio"/> Not at all		<input type="radio"/> Very often indeed
A	Worrying thoughts go through my mind:	D	I feel as if I am slowed down:
	<input type="radio"/> Only occasionally		<input type="radio"/> Not at all
	<input type="radio"/> From time to time, but not too often		<input type="radio"/> Sometimes
	<input type="radio"/> A lot of the time		<input type="radio"/> Very often
	<input type="radio"/> A great deal of the time		<input type="radio"/> Nearly all the time
D	I feel cheerful:	A	I get a sort of frightened feeling like 'butterflies' in the stomach:
	<input type="radio"/> Most of the time		<input type="radio"/> Not at all
	<input type="radio"/> Sometimes		<input type="radio"/> Occasionally
	<input type="radio"/> Not often		<input type="radio"/> Quite Often
	<input type="radio"/> Not at all		<input type="radio"/> Very Often
A	I can sit at ease and feel relaxed:	D	I can enjoy a good book or radio or TV program:
	<input type="radio"/> Definitely		<input type="radio"/> Often
	<input type="radio"/> Usually		<input type="radio"/> Sometimes
	<input type="radio"/> Not Often		<input type="radio"/> Not often
	<input type="radio"/> Not at all		<input type="radio"/> Very seldom

The Chinese version of the Hospital Anxiety and Depression Scale (HADS)

请您阅读以下各个项目,在其中最符合你过去一个月的情绪或心理状态评分上画一个圈。
对这些问题的回答不要做过多的考虑,立即做出的回答往往更符合实际情况。

A	我感到紧张 (或痛苦)	D	我对自己的仪容/外表失去兴趣
	<input type="radio"/> 根本没有		<input type="radio"/> 我仍然像以往一样关心
	<input type="radio"/> 有时候		<input type="radio"/> 我可能不是非常关心
	<input type="radio"/> 大多时候		<input type="radio"/> 并不像我应该做的那样关心我
	<input type="radio"/> 几乎所有时候		<input type="radio"/> 肯定
D	我对以往感兴趣的事情还是有兴趣	A	我有点坐立不安,好像感到非要活动不可
	<input type="radio"/> 肯定一样		<input type="radio"/> 根本没有
	<input type="radio"/> 不像以前那样多		<input type="radio"/> 并不很少
	<input type="radio"/> 只有一点		<input type="radio"/> 是不少
	<input type="radio"/> 基本上没有了		<input type="radio"/> 确实非常多
A	我感到有点害怕好像预感到什么可怕的事情要发生	D	我对一切都是乐观地向前看
	<input type="radio"/> 根本没有		<input type="radio"/> 差不多是这样做
	<input type="radio"/> 有一点,但并不使我苦恼		<input type="radio"/> 并不完全是这样做的
	<input type="radio"/> 是有,不太严重		<input type="radio"/> 很少这样做
	<input type="radio"/> 肯定有且十分严重		<input type="radio"/> 几乎从不这样做
D	我能够哈哈大笑,并看到事物好的一面	A	我突然发现有恐慌感
	<input type="radio"/> 我经常这样		<input type="radio"/> 根本没有
	<input type="radio"/> 现在已经不太这样了		<input type="radio"/> 并非经常
	<input type="radio"/> 现在肯定是不太多了		<input type="radio"/> 时常
	<input type="radio"/> 根本没有		<input type="radio"/> 确实很经常
A	我的心中充满烦恼	D	我好像感到情绪在渐渐低落
	<input type="radio"/> 偶然如此		<input type="radio"/> 根本没有
	<input type="radio"/> 时时,但并不经常		<input type="radio"/> 有时
	<input type="radio"/> 时常如此		<input type="radio"/> 很经常
	<input type="radio"/> 大多数时间		<input type="radio"/> 几乎所有时间
D	我感到愉快	A	我感到有点害怕,好像某个内脏器官变化了
	<input type="radio"/> 大多数时间		<input type="radio"/> 根本没有
	<input type="radio"/> 有时		<input type="radio"/> 有时
	<input type="radio"/> 并不经常		<input type="radio"/> 很经常
	<input type="radio"/> 根本没有		<input type="radio"/> 非常经常
A	我能够安闲而轻松地坐着	D	我能欣赏一本好书或好的广播或电视节目
	<input type="radio"/> 肯定		<input type="radio"/> 常常如此
	<input type="radio"/> 经常		<input type="radio"/> 有时
	<input type="radio"/> 并不经常		<input type="radio"/> 并非经常
	<input type="radio"/> 根本没有		<input type="radio"/> 很少