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

oNot at all of take just as much care as ever oFrom time to time, occasionally of may not take quite as much care oA lot of the time of don't take as much care as I should oMost of the time oDefinitely D I still enjoy the things I used to enjoy: A oPerimitely as much oNot at all oNot quite so much oNot at all oPerimitely as much oNot at all oPerimitely as ort of frightened feeling as if something avful is about to happen: D oNot at all oVery much indeed oNt at all oVery much indeed oPerimitely as ort of frightened feeling as if something avful is about to happen: D oNt at all oVery much indeed oVery definitely and quite badly oParady at all oVery definitely and quite badly oParady at all oNst at all oNst at all oNst quite so much now oNst wery often oDefinitely not so much now oNst at all oNst at all oVery often indeed definitely not so much now oNst at all oNst at all oVery often oNst at all oVery often oNst	Α	I feel tense or 'wound up':	D	I have lost interest in my appearance:
oFrom time to time, occasionally oI may not take quite as much care oA lot of the time oI don't take as much care as I should oMost of the time oI don't take as much care as I should D I still enjoy the things I used to enjoy: A oDefinitely as much oNot at all oNot quite so much oNot at all oOnly a little oQuite a lot oHardly at all oVery much indeed oNot at all oNot at all oNot at all oAs much as I ever did oAt ittle, but it doesn't worry me oRather less than I used to oYers, but not to badly oDefinitely less than I used to oYers, but not to badly oDefinitely less than I used to oYers, but not to badly oDefinitely at all oAs much as I always could oNot at all oNot quite so much now oNot at all oNot quite so much now oQuite often oPoly occasionally oNot at all oAs much as I always could oNot at all oNot quite so much now oQuite often oNot quite so much now oQuite often oNot at all oVery often indeed A Worryin		-		
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A I can sit at ease and feel relaxed: D I can enjoy a good book or radio or TV program: • Definitely • Often • Usually • Often • Not Often • Not often		○Not often		○Quite Often
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		○Definitely		⊙Often
		○Usually		∘Sometimes
•Not at all •Very seldom		○Not Often	1	○Not often
		○Not at all		○Very seldom

take too long over you replies: your immediate is best.

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。

Α	我感到紧张(或痛苦)	D	我对自己的仪容/外表失去兴趣
	○根本没有		○我仍然像以往一样关心
	○有时候		○我可能不是非常关心
	○大多时候		○并不像我应该做的那样关心我
	○几乎所有时候		○肯定
D	我对以往感兴趣的事情还是有兴趣	А	我有点坐立不安,好像感到非要活动 不可
	○肯定一样		○根本没有
	○不像以前那样多		○并不很少
	○只有一点		○是不少
	○基本上没有了		○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
	○根本没有		○差不多是这样做
	○有一点,但并不使我苦恼		○并不完全是这样做的
	○是有,不太严重		○很少这样做
	○肯定有且十分严重		○几乎从不这样做
D	我能够哈哈大笑,并看到事物好的一面	Α	我突然发现有恐慌感
	○我经常这样		○根本没有
	○现在已经不太这样了		○并非经常
	○现在肯定是不太多了		○时常
	○根本没有		○确实很经常
Α	我的心中充满烦恼	D	我好像感到情绪在渐渐低落
	○偶然如此		○根本没有
	○时时,但并不经常		○有时
	○时常如此		○很经常
	○大多数时间		○几乎所有时间
D	我感到愉快	А	我感到有点害怕,好像某个内脏器官 变化了
	○大多数时间		○根本没有
	· ○有时		· ○有时
	○并不经常		○很经常
	○根本没有		○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
	○肯定		○常常如此
	○经常		○有时
	○并不经常		○并非经常
	○根本没有		○很少