

Appendix 2. Anxiety measurement instruments

HAD⁵⁷: Hospital, anxiety, and depression (self-administered)

Doctors understand the importance of emotional factors in the majority of illnesses. If the doctor knows the emotional state of the patient, it will be possible to provide better assistance.

This questionnaire was prepared to help your doctor to determine how you are feeling affectively and emotionally. You don't have to pay attention to the numbers on the left. Read each question and underline the response that you feel describes your own emotional state over the last week.

Don't think about each response for too long: in this questionnaire, spontaneous responses are better than the ones that you think about a lot.

A.1. I feel tense or 'wound up' :

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

D.1. I still enjoy the things I used to enjoy:

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

A.2. I get a sort of frightened feeling as if something awful is about to happen:

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

D.2. I can laugh and see the funny side of things:

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

A.3. Worrying thoughts go through my mind

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

D.3. I feel cheerful:

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

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<p>A.4. I can sit at ease and feel relaxed:</p> <ul style="list-style-type: none">0. Definitely1. Usually2. Not often3. Not at all
<p>D.4. I feel as if I am slowed down:</p> <ul style="list-style-type: none">3. Nearly all the time2. Very often1. Sometimes0. Not at all
<p>A.5. I get a sort of frightened feeling like 'butterflies' in the stomach:</p> <ul style="list-style-type: none">0. Not at all1. Occasionally2. Quite often3. Very often
<p>D.5. I have lost interest in my appearance:</p> <ul style="list-style-type: none">3. Definitely2 I don't take so much care as I should1. I may not take quite as much care0. I take just as much care as ever
<p>A.6. I feel restless, as if I have to be on the move:</p> <ul style="list-style-type: none">3. Very much indeed2. Quite a lot1. Not very much0. Not at all
<p>D.6. I look forward with enjoyment to things:</p> <ul style="list-style-type: none">0. As much as ever I did1. Rather less than I used to2. Definitely less than I used to3. Hardly at all
<p>A.7. I get sudden feelings of panic:</p> <ul style="list-style-type: none">3. Very often indeed2. Quite often1. Not very often0. Not at all
<p>D.7. I can enjoy a good book or radio or TV programme:</p> <ul style="list-style-type: none">0. Often1. Sometimes2. Not often3. Very seldom

Score: a score between 0 and 7 does not indicate a case, between 8 and 10 a questionable case, and scores of more than 11 are probably cases in each one of the sub-scales.

GADS⁵⁶: Goldberg anxiety and depression scale (clinician administered) (Version adapted to Spanish by A. Lobo and cols.)

This is a scale that is very simple to use and highly effective in detecting depression and/or anxiety disorders. It is also an instrument for evaluating the severity and evolution of these disorders. It can also be used as a guideline for the interview.

Instructions for administering:

- Aimed at the general population.
- This is a clinician-administered questionnaire with two sub-scales:
 - One for detecting anxiety and one for detecting depression.
 - Both scales have 9 questions.
 - The last 5 questions in each scale are only asked if the responses to the first 4 questions, which are required, are positive.
- The probability of suffering a disorder is greater the higher the number of positive responses.
- The symptoms included in the scales refer to the 15 days prior to the visit.
- All of the items have the same point values..
- They follow an order of increasing severity.
- The last items in each scale appear in patients with the most severe disorders.

Anxiety sub-scale:

- Have you felt keyed up, on edge?
 - Have you been worrying a lot?
 - Have you been irritable?
 - Have you had difficulty relaxing?
- (If there are 3 or more affirmative responses, continue with questions)
- Have you been sleeping poorly?
 - Have you had headaches or neck aches?
 - Have you had any of the following: trembling, tingling, dizzy spells, sweating, frequency, diarrhoea?
 - Have you been worried about your health?
 - Have you had difficulty falling asleep?

Total anxiety:

Depression subscale:

- Have you had low energy?
 - Have you had loss of interests?
 - Have you lost confidence in yourself?
 - Have you felt hopeless?
- (If the response to any of the previous questions is affirmative, continue)
- Have you had difficulty concentrating?
 - Have you lost weight (due to poor appetite)?
 - Have you been waking early?
 - Have you felt slowed up?
 - Have you tended to feel worse in the mornings?

Total depression:

Evaluation criteria:

Anxiety sub-scale: 4 or more affirmative responses.
Depression subscale: 2 or more affirmative responses.