

STEP 3 HAD SCALE (HOSPITAL ANXIETY AND DEPRESSION)

PEOPLE AFFECTED BY CANCER

Please indicate to what extent you disagree or agree with the following statements by checking the answer that best describes you at this time.

IMPORTANT. If you are a family member, caregiver or legal guardian, and you are helping the patient to complete the questionnaire, please ensure that you answer from the patient's point of view.

Before beginning the questionnaire, please indicate on the following scale where you feel your anxiety level is at present (0 = No anxiety and 10 = Worst possible anxiety)

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No anxiety Worst possible anxiety

I feel tense or irritated

- Most of the time
- Often
- Occasionally
- Never

I enjoy the same things I used to

- Yes, just as much
- Not as much
- Only a little
- Almost no more

I have feelings of fear, as if something horrible is going to happen to me

- Yes, very definitely
- Yes, but it's not too bad
- A little, but it doesn't worry me
- Not at all

I laugh easily and look on the bright side

- As much as in the past
- Not as much as before
- Really less than before
- Not at all

I worry

- Very often
- Quite often
- Occasionally
- Very occasionally

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I'm in a good mood

- Never
- Rarely
- Quite often
- Most of the time

I can sit quietly doing nothing and feeling relaxed

- Yes, no matter what
- Yes, in general
- Rarely
- Never

I feel like I'm living in slow motion

- Almost always
- Very often
- Sometimes
- Never

I feel scared and my stomach is in knots

- Never
- Sometimes
- Quite often
- Very often

I'm no longer interested in my appearance

- Not at all
- I don't pay as much attention to it as I should
- I may not pay as much attention to it as I used to
- I pay as much attention to it as I used to

I'm restless and can't keep still

- Yes, quite the case
- A little
- Not so much
- Not at all

I look forward to doing certain things

- As much as before
- A little less than before
- Much less than before
- Almost never

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I experience sudden feelings of panic

- Very often
- Quite often
- Not very often
- Never

I can enjoy a good book, radio or TV program

- Often
- Sometimes
- Rarely
- Very rarely