

Hospital Anxiety and Depression Scale (Anxiety) (HADS-A)

Category: Anxiety | Items: 7 | Time: ~2 min

Description / When to Use

7-item anxiety subscale for hospital and clinical settings.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 7 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum 7 anxiety items scored 0-3. Total range 0-21. Score ≥ 8 suggests possible anxiety.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-7	Normal	None
8-10	Mild	Monitor
11-14	Moderate	Consider treatment
15-21	Severe	Active treatment

Psychometric Properties

Cronbach's alpha: 0.80 | Test-retest reliability: 0.74

Validity: Designed to be independent of somatic symptoms.

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Citation (APA Format)

Zigmond, A. S., & Snaith, R. P. (1983). The Hospital Anxiety and Depression Scale. *Acta Psychiatrica Scandinavica*, 67(6), 361-370.

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