

Statement	Response	Points
I feel tense or "wound up"	most of the time	3 [A]
	a lot of the time	2
	from time to time, occasionally	1
	not at all	0
I still enjoy the things I used to enjoy	definitely as much	0 [D]
	not quite as much	1
	only a little	2
	hardly at all	3
I get a sort of frightened feeling as if something awful is about to happen	very definitely and quite badly	3 [A]
	yes, but not too badly	2
	a little, but it doesn't worry me	1
	not at all	0
I can laugh and see the funny side of things	as much as I always could	0 [D]
	not quite so much now	1
	definitely not so much now	2
	not at all	3
Worrying thoughts go through my mind	a great deal of the time	3 [A]
	a lot of the time	2
	from time to time but not too often	1
	only occasionally	0
I feel cheerful	not at all	3 [D]
	not often	2
	sometimes	1
	most of the time	0
I can sit at ease and feel relaxed	definitely	0 [A]
	usually	1
	not often	2
	not at all	3
I feel as if I am slowed down	nearly all the time	3 [D]
	very often	2
	sometimes	1
	not at all	0
I get a sort of frightened feeling, like "butterflies" in the stomach	not at all	0 [A]
	occasionally	1
	quite often	2
	very often	3
I have lost interest in my appearance	definitely	3 [D]
	I don't take so much care as I should	2
	I may not take quite as much care	1
	I take just as much care as ever	0
I feel restless as if I have to be on the move	very much indeed	3 [A]
	quite a lot	2
	not very much	1
	not at all	0
I look forward with enjoyment to things	as much as ever I did	0 [D]
	rather less than I used to	1
	definitely less than I used to	2
	hardly at all	3
I get sudden feelings of panic	very often indeed	3 [A]
	quite often	2
	not very often	1
	not at all	0
I can enjoy a good book or radio or TV program	often	0 [D]
	sometimes	1
	not often	2
	very seldom	3

A: Anxiety; D: Depression

Anxiety subscore = Sum of points for the 7 "A" items
 Depression subscore = Sum of points for the 7 "D" items)