Duke Anxiety-Depression Scale (DUKE-AD)

INSTRUCTIONS: Here are some questions about your health and feelings. Please read each question carefully and check (/) your best answer. You should answer the questions in your own way. There are no right or wrong answers.

1. I give up too easily ................................................. Yes, describes me exactly 2
   Somewhat describes me 1
   No, doesn’t describe me at all 0
2. I have difficulty concentrating ................................. Yes, describes me exactly 2
   Somewhat describes me 1
   No, doesn’t describe me at all 0
3. I am comfortable being around people ...................... No, doesn’t describe me at all 2
   Somewhat describes me 1
   Yes, describes me exactly 0

DURING THE PAST WEEK:
   How much trouble have you had with:

4. Sleeping ......................................................................... None 0
   Some 1
   A Lot 2
5. Getting tired easily ..................................................... None 0
   Some 1
   A Lot 2
6. Feeling depressed or sad .............................................. None 0
   Some 1
   A Lot 2
7. Nervousness .................................................................. None 0
   Some 1
   A Lot 2

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HOW TO SCORE

1. Add the scores next to each of the blanks you checked.
2. If your total score is 5 or greater, then your symptoms of anxiety and/or depression may be excessive.

(For exact scoring, multiply the total score by 7.143 to obtain the DUKE-AD score on a scale of 0 for lowest to 100 for highest symptom level.)