

Duke Anxiety-Depression Scale (DUKE-AD)

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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.

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

DURING THE PAST WEEK:

How much trouble have you had with:

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

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.)