

Uitgebreide toelichting van het meetinstrument

Hospital Anxiety and Depression Scale (HADS)

December 2024

Review: 1. MJH Jungen
2. E van Engelen
3. D Ummels
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1 Algemene gegevens

	Het meetinstrument heeft betrekking op de volgende categorieën
Lichaamsregio	Overige
Aandoening (ICD)	Psychische stoornissen (Geestelijk welbevinden)
Domein 'Menselijk functioneren' (ICF)	Mentale functies

- *Korte beschrijving* → De HADS meet kernklachten van angst en depressie zonder daarbij lichamelijke klachten te betrekken. Het is een korte vragenlijst, die gemakkelijk te gebruiken is. De schaal gaat in op gevoelens in de afgelopen vier weken en bestaat uit een angstschaal en een depressieschaal met beide 7 items. Hoe hoger een patiënt scoort op deze vragenlijst des te meer klachten hij/zij ervaart.^{1,2}
Let op: Naast het tijdsbestek van vier weken bestaat er ook een versie die ingaat op de laatste week.³
- *Doelgroep* → volwassenen van 16 tot 65 jaar²
- *Auteur:*
 - ✓ *Oorspronkelijke versie* → Zigmond AS, Snaith RP (1983, 1992, 1994)¹
 - ✓ *Nederlandse versie* → Pouwer F, Snoek FJ, van der Ploeg HM (1997)⁴

2 Doel van het meetinstrument

- Inventariserend

3 *Soort / vorm van het meetinstrument*

- Vragenlijst
- *Opbouw* → 14 items, verdeeld over twee subschalen: depressieschaal (7 items); angstschaal 7 items)
- *Invulinstructie* → ja, opgenomen in het meetinstrument
- *Meetniveau* → per item: wijze score: 4-punts Likert schaal (0-3); meetniveau ordinaal
De formulering van de vragen en antwoordmogelijkheden is voor 6 items positief (0-3), voor 8 items negatief (3-0).
- *Meetniveau* → per subschaal: wijze score (0-21); meetniveau ordinaal
Score Angstschaal = som van de punten van de oneven vragen
Score Depressieschaal = som van de punten van de even vragen

4 *Verkrijgbaarheid*

- *Opvraagbaar bij* →
VIPLive (digitale afname):
<https://viplive.nl/viplive-voor-u/ggz/monitoring-ggz/meetinstrumenten-ggz>
Mapi:
<https://eprovide.mapi-trust.org/instruments/hospital-anxiety-and-depression-scale>
- *Geschatte kosten* → VIPLive: € 0,65 ex. btw per afname
Mapi: kosten onbekend
- *Copyright* → ja, Zigmond AS, Snaith RP (1983, 1992, 1994)
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5 *Methodologische kwaliteit*

Gegevens over de methodologische kwaliteit staan o.a. in de volgende reviews (door veelvuldige beschrijving in systematic review zijn alleen reviews opgenomen vanaf 2019):

Mentale gezondheid

- Breedvelt JJF, et al. A systematic review of mental health measurement scales for evaluating the effects of mental health prevention interventions. 2020⁵
- Smith EL, Garety PA, Harding H, Hardy A. Are there reliable and valid measures of anxiety for people with psychosis?: a systematic review of psychometric properties. 2021⁶

Zwangerschap & Geboortezorg

- Sinesi A, Maxwell M, O'Carroll R, Cheyne H. Anxiety scales used in pregnancy: systematic review. 2019⁷
- Sultan P, et al. Assessment of patient-reported outcome measures for maternal postpartum depression using the Consensus-based standards for the selection of health measurement instruments guideline: a systematic review. 2022⁸
- Berg RC, Larsen Solberg B, Glavin K, Olsvold N. Instruments to identify symptoms of paternal depression during pregnancy and the first postpartum year: a systematic scoping review. 2022⁹
- O'Carroll J, et al. A systematic review of patient-reported outcome measures used in maternal postpartum anxiety. 2023¹⁰

Oncologie

- Maharaj AD. Patient-reported outcome measures (PROMs) in pancreatic cancer: a systematic review. 2020¹¹
- Nur Dincer A, Brunckhorst O, Genel O, Dasgupta P, Muneer A, Ahmed K. Quality of life, anxiety and depression patient-reported outcome measures in testicular cancer: a systematic review. 2021¹²
- Mahakwe G, Johnson E, Karlsson K, Nilsson S. A systematic review of self-report instruments for the measurement of anxiety in hospitalized children with cancer. 2021¹³
- Horan MR, Sim J, Krull KR, Baker JN, Huang I. A review of patient-reported outcome measures in childhood cancer. 2022¹⁴
- Moss CL, et al. Assessing the quality of patient-reported outcome measurements for gynecological cancers: a systematic review. 2023¹⁵
- Grundtvig Gram E, et al. Methodological quality of PROMs in psychosocial consequences of colorectal cancer screening: a systematic review. 2023¹⁶
- Hughes K, Blackett L, Jacobson CEH, Henley SMD, Carr E. A systematic review of the psychosocial measures used in teenage and young adult cancer. 2024¹⁷

Musculoskeletaal

- Craxford S, Deacon C, Myint Y, Ollivere B. Assessing outcome measures used after rib fracture: a COSMIN systematic review. 2019¹⁸
- Reynaud V, Verdilos A, Pereira B, Boisgard S, Costes F, Coudeyre E. Core outcome measurement instruments for clinical trials of total knee arthroplasty: a systematic review. 2020¹⁹
- Ritchie C, Andersen TE, Lykkegaard Ravn S, Söderlund A, Sterling M. A systematic review shows minimal evidence for measurement properties of psychological functioning outcomes in whiplash. 2022²⁰
- Köke AJA, Bastiaenen CHG, Kleijnen J, Telgenkamp I, Smeets RJEM, Beckers LWME. Measurement properties of patient-reported outcome measures used in rehabilitation of adults with chronic musculoskeletal pain: a mapping review. 2023²¹

Neurologie

- Powell PA, Carlton J, Woods HB, Mazzone P. Measuring quality of life in Duchenne muscular dystrophy: a systematic review of the content and structural validity of commonly used instruments. 2020²²
- Carlton J, Powell PA. Measuring carer quality of life in Duchenne muscular dystrophy: a systematic review of the reliability and validity of self-report instruments using COSMIN. 2022²³
- Rose AE, Cullen B, Crawford S, Evans JJ. A systematic review of mood and depression measures in people with severe cognitive and communication impairments following acquired brain injury. 2023²⁴

Oogaandoeningen

- Janic A, Bowden S, Levy S, Stinson J, Dimaras H. Patient-reported outcome measures for retinoblastoma: a scoping review. 2020²⁵
- Prem Senthil M, Simon S, Constable PA. A review of patient-reported outcome measures used in uveitis. 2023²⁶

Reuma

- Küçükdeveci AA, et al. Use and detailed metric properties of patient-reported outcome measures for rheumatoid arthritis: a systematic review covering two decades. 2021²⁷
- Meza-Sánchez AV, Ventura-Ríos L, Hernández-Díaz C. Patient self-reported instruments for assessing symptoms in rheumatoid arthritis. 2023²⁸

Hart- en vaataandoeningen

- Hanna L, Jha R, Sounderajah V, Markar S, Gibbs R. Patient reported outcome measures used to assess quality of life in aortic dissection: a systematic scoping review using COSMIN methodology. 2023²⁹
- Eagleson KJ, McCombs D, Gerlich TM, Justo RN, Kasparian NA, Bora S. Systematic review of instruments assessing psychosocial adaptation and outcomes among families of children with congenital heart disease. 2023³⁰

Overig

- Friedel M, Aujoulat I, Dubois A, Degryse J. Instruments to measure outcomes in pediatric palliative care: a systematic review. 2019³¹
- Hawkins AT, et al. Patient-reported outcome measures in colon and rectal surgery: a systematic review and quality assessment. 2020³²
- Kusi-Appiah E, Karanikola M, Pant U, Meghani S, Kennedy M, Papatthanassoglou E. Tools for assessment of acute psychological distress in critical illness: a scoping review. 2021³³
- Ling We PJ, et al. Measurement properties of patient-reported outcome measures for diabetes: systematic review. 2021³⁴
- Shah R, Ali FM, Finlay AY, Salek MS. Family reported outcomes, an unmet need in the management of a patient's disease: appraisal of the literature. 2021³⁵
- Lim P, Li H, Neoh D, Kiu-Huen Ng S. Health-related quality of life measurement tools for lymphedema: a review of the literature. 2022³⁶
- Lambert K, Stanford J. Patient-reported outcome and experience measures administered by dietitians in the outpatient setting: systematic review. 2022³⁷
- Taimieh D, R Ni Riordain R, Fedele S, Leeson R. Patient-reported outcome measures used in temporomandibular disorders: a review of the literature. 2023³⁸
- Martins MA, Ghisi GLM, da Silva KB, Leopoldino G, Pakosh M, Bundchen DC. Psychometrically validated questionnaires to measure the effects and benefits/barriers to physical exercise in hemodialysis patients: a systematic review. 2024³⁹

6 *Hanteerbaarheid / feasibility*

- *Taal* → Verscheidende talen
- *Benodigdheden* → vragenlijst en scoringslijst
- *Randvoorwaarden* → de lijst kan zelf ingevuld worden of via interview
- *Benodigde tijd* → 5 minuten
- *Gebruikershandleiding* →

7 *Normgegevens*

- Hoe hoger de score op elke subschaal, hoe meer klachten:⁴⁰
 0-7 : geen angststoornis of depressie
 8-10 : een *mogelijke* angststoornis of depressie
 11-21: *vermoedelijke* angststoornis of depressie

8 *Overige gegevens*

- Van de HADS zijn 4 verschillende Nederlandse versies in omloop. De versies verschillen qua inhoud bij de items 5, 7, 9, 11 en 13. Daarnaast verschillen bij 9 items de range (0–4 of 1–3) van de antwoordmogelijkheden (nl. items 1, 2, 3, 4, 5, 7, 10, en 14). En tot slot verschilt het tijdsbestek (één week versus vier weken).¹⁵ Deze verschillen maken het gebruik complexer daar collega's evt een andere versie gebruiken en ook afkappunten niet generiek toe te passen zijn.
- De twee subschalen van de HADS worden ook afzonderlijk gebruikt (HADS-D, HADS-A).²
- Hoewel de HADS als een effectief meetinstrument voor emotionele distress beschouwd is, is zij niet in staat voldoende te differentiëren tussen angst en depressie. Dit betekent dat zij vooral tot doel heeft het meten van distress in het algemeen.⁴¹
- Uitgebreide achtergrond informatie is tevens uitgewerkt in de Database Rehabilitation Measures.⁴²

9 *Literatuurlijst*

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