

The Brief Anxiety and Depression Scale (BADS)®

Name: _____

Today's Date: _____

Facility: _____

Total Score: _____ / 16

Examiner: _____

The BADS® is a brief screening tool for mood impairment developed for older adults. It can be administered by a clinician, by proxy (knowledgeable informant), or self-administered for those who are cognitively capable. The BADS® can be administered in less than five minutes. It can provide an indication of probable clinical depression and/or anxiety, but a firm diagnosis should not be based on the BADS® alone. To learn about scoring information, normative values, and interpretation, go to www.thebcat.com.

Administrator begins by saying, "I'd like you to think about the last two weeks as you answer these eight questions.

Please answer, NO, SOMEWHAT, or YES."

	POINTS		
1. Do you find that you worry about things more than usual?	0 = No	1 = Somewhat	2 = Yes
2. Have you lost interest in activities you had found pleasurable?	0 = No	1 = Somewhat	2 = Yes
3. Do you feel pessimistic about your future?	0 = No	1 = Somewhat	2 = Yes
4. Do you feel like you have less energy than you used to?	0 = No	1 = Somewhat	2 = Yes
5. Do you worry that something bad is going to happen?	0 = No	1 = Somewhat	2 = Yes
6. Do you have a feeling of being overwhelmed?	0 = No	1 = Somewhat	2 = Yes
7. Are you feeling nervous, anxious, or "wound up" much of the time?	0 = No	1 = Somewhat	2 = Yes
8. Do you have difficulty controlling or stopping excessive worry?	0 = No	1 = Somewhat	2 = Yes