
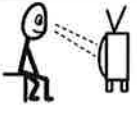



Glasgow Depression Scale

(score of 13 or over indicates depression).





In the last week...	Prompts	no	some times	a lot
1.  Have you felt sad?	Have you felt upset, depressed, miserable, fed up, low?	0	1	2
2.  Have you been in a bad mood?	Have you felt bad tempered, wanted to shout at people?	0	1	2
3.  Have you enjoyed doing things?	Have you had fun?	2	1	0
4.  Have you enjoyed talking and being with people?	Have you liked having people around?	2	1	0
5.  Have you had a bath/shower and changed your clothes?	Have you taken care of the way you look / appearance?	2	1	0
6.  Have you felt tired during the day?	Have you gone to sleep during the day, found it hard to stay awake?	0	1	2
7.  Have you cried?	What made you cry?	0	1	2
8.  Have you felt people don't like you?	Have you felt you are a horrible person?	0	1	2
9.  Have you been able to concentrate, such as watch TV?	What is your favourite TV programme? Are you able to watch it all?	2	1	0
10.  Have you found it hard to choose things?	Have you found it hard to decide what to wear, eat or do?	0	1	2

In the last week...		Prompts.	no	some times	a lot
11.	 Have you found it hard to sit still?	Have you fidgeted, moved around a lot more?	0	1	2
12.	 Have you eaten less? Have you eaten more?	Have people said you should eat more or less?	0	1	2
13.	 Have you found it hard to get a good night's sleep?	Have you found it hard to fall asleep, woken up a lot or too early?	0	1	2
14.	 Have you wished you were dead?	Have you wanted to stop living?	0	1	2
15.	 Have you felt everything is your fault?	Have you felt people blame you for things?	0	1	2
16.	 Have you felt people are looking at you, talking about you?	Have you worried about what other people think of you?	0	1	2
17.	 Have you been upset if people say you have done something wrong?	Do you feel sad, or feel like crying if someone tells you off?	0	1	2
18.	 Have you felt worried?	Have you felt nervous, tense, wound up or on edge?	0	1	2
19.	 Have you thought that bad things will happen to you?	Have you felt nothing nice happens to you?	0	1	2
20.	 Have you felt happy when something good happens?	What makes you feel happy?	2	1	0

Cuthill, F. M., Espie, C. A., Cooper, S (2003) Development and psychometric properties of the Glasgow Depression Scale for people with a learning disability: Individual and carer supplement versions. *The British Journal of Psychiatry* 182:347-353. Adapted by MK, GB, GW, DHCFT 2008.

Glasgow Anxiety Scale.

(score of 15 or above indicates anxiety).

		Prompts	no	some times	a lot
1.		Do you worry a lot? Feel wound up, get worked up	0	1	2
2.		Do you have lots of thoughts in your head? Can't stop thinking, can't keep thoughts away.	0	1	2
3.		Do you worry about your family or friends? Think something bad will happen.	0	1	2
4.	 2015	Do you worry about the future? Link prompt to individual.	0	1	2
5.		Do you worry that something bad will happen?	0	1	2
6.		Do you worry about being ill? If you feel poorly.	0	1	2
7.		Do you worry about doing something new? Afraid to try new things.	0	1	2
8.		Do you worry about what you are doing tomorrow?	0	1	2
9.		Can you stop yourself worrying? Make yourself think about something else.	2	1	0
10.		Do you worry about dying?	0	1	2

		Prompts.	no	some times	a lot	
11.		Are you scared of the dark?	Do you turn the lights off at night.	0	1	2
12.		Do you feel scared when you are high up?	Do you like multi storey car parks.	0	1	2
13.		Do you feel scared in lifts?	Would you get in one.	0	1	2
14.		Are you scared of dogs?	Would you stroke one.	0	1	2
15.		Are you scared of spiders?	Would you touch one.	0	1	2
16.		Are you scared of going to the Doctor or Dentist?	Would you go if you needed to.	0	1	2
17.		Are you scared of meeting new people?	Are you shy.	0	1	2
18.		Are you scared in busy places or crowds?	Such as Westfield or Supermarkets.	0	1	2
19.		Are you scared of open spaces?	Where there is nothing around you.	0	1	2

		Prompts.	no	some times	a lot	
20		Do you get hot and sweaty?	All hot and bothered.	0	1	2
21		Does your heart beat fast?	Feel your heart is thumping.	0	1	2
22		Do your hands and legs shake?		0	1	2
23		Do you get butterflies in your stomach?	Knots in your stomach, fluttering.	0	1	2
24		Do you find it hard to breathe?	Are you out of breath a lot.	0	1	2
25		Do you have to wee more often?		0	1	2
26		Is it difficult to sit still?	Feel you can't relax.	0	1	2
27		Do you panic?	Get in a panic or a state.	0	1	2

Mindham, J., Espie, C.A. (2003) Glasgow Scale for people with an Intellectual Disability (GAS-ID): development and psychometric properties of a new measure for use with people with mild intellectual disabilities. **Journal of Intellectual Disabilities** 47 (Pt 1):22-30. Adapted by Marsha Kerrigan and Gill Baker DHCFT 2013.