

Assessing Psychological Status of Cancer Patients Using the HAD Scale: a Pilot Study.

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Objectives: To establish the acceptability and utility of the HAD Scale in the assessment of psychological status manifested as depression and/or anxiety among cancer patients.

Setting: Oncology outpatient Clinic at Salmaniya Medical Complex in Bahrain.

Materials and Methods: A cross-sectional Pilot study was conducted on 25 patients (Males & Females) suffering from various types and stages of cancer attending the outpatient Clinic. Hospital Anxiety and Depression Scale (HAD), a self- assessment questionnaire, has been used for the study.

Results: Three (12%) of the total number scored significantly high on the depression sub-scale (Mean score 12.4), all of them were females and five (20%) of the total number scored high on anxiety sub-scale (Mean score 13.6) again all were females. Three of the total 5 positive cases scored high on both depression and anxiety sub-scales (60%).

Conclusion: HAD Scale is a reliable method for early assessment of a patient's psychological state before referral to a definite diagnosis and management by a psychiatrist. It can also be used as on-going method of assessing response to treatment