

Pakistan anxiety and depression questionnaire (PADQ)

The PADQ, an instrument for screening anxiety and depressive disorders, was developed and validated in Pakistan to avoid the use of translated Western instruments. This instrument was derived from common idioms used by patients to refer their psychological distress. The ICD-10 Diagnostic Criteria for Research were used to identify cases and patients' relatives acted as controls. This instrument includes an anxiety/depression scale and a depression scale, each of 15 items. Both scales demonstrated excellent validity as screening instrument for anxiety and depressive disorders respectively in clinical settings in Pakistan. The 15 items comprising the anxiety/depression scale in this instrument were included in the present study. These items were administered in Urdu, as per the original version of the PADQ. The respondents were able to understand Urdu and they opted to report their response either in Urdu or Punjabi according to their preferences. The 15-items scale describing depression (D-scale) in the PADQ was not used for comparison purposes because its contents were specifically related to depression symptomatology. The reported sensitivity, specificity, positive predictive value and negative predictive value for its anxiety/depression scale were 96%, 88%, 93% and 94% respectively [21].

The English translation of the 15 anxiety/depression items, as provided by the author, is as follows:

1. *Do you think that you have some mental problems?*
2. *Do you feel anxious amongst a lot of people?*
3. *Is your mind in peace?*
4. *Do you worry over trivial things?*
5. *Has your tolerability decreased?*
6. *Does one idea come to your mind again and again?*
7. *Have you become more irritable?*
8. *Do you feel lazy?*
9. *Have you lost your self-confidence?*
10. *Do you get frightened?*
11. *Do you feel that your mind is not working?*
12. *Do you feel that you are being punished for something?*
13. *Do you sleep well at night?*
14. *Do you keep on thinking without any purpose all the time?*
15. *Do you feel that you do not understand anything?*

Despite the fact that we lack information (from author of the PADQ) about the association of the above described items with regard to anxiety and depression specifically, a review was made to determine the nature of the symptoms/expressions described in each item. Two items were clearly related to anxiety: "feel anxious amongst a lot of people" and "get frightened". Seven items were related to depression; "worry over trivial things", "more irritable", "feel lazy", "punished for something", "lost your self-confidence", "does not sleep at night" and "mind does not work". The rest of the items were not specifically related to anxiety or depression. Each item was rated dichotomously as 0 (no) and 1 (yes). Only those participants who responded at least 8 out of 15 items were included in the study. In this way out of total 1040 participants only 5 respondents were not included in the study. A threshold 5/6 was used to identify the participants with anxiety/depression.