

## Depression, Anxiety and Stress Scales (DASS-21)

Identifier

Date

Please read each statement and select a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Did not apply to me at all

1 = Applied to me to some degree or for some of the time

2 = Applied to me to a considerable degree or for a good part of time

3 = Applied to me very much or most of the time

1 I found it hard to 'wind down'

2 I was aware of dryness of my mouth

3 I couldn't seem to experience any positive feelings at all

4 I experienced breathing difficulty (e.g. breathlessness or excessively rapid breathing in the absence of physical exertion)

5 I found it difficult to work up the initiative to do things

6 I tended to over-react to situations

7 I experienced trembling (e.g. in the hands)

8 I felt that I was using a lot of nervous energy

9 I was worried about situations in which I might panic and make a fool of myself

10 I felt that I had nothing to look forward to

11 I found myself getting agitated

12 I found it difficult to relax

13 I felt down-hearted and blue

14 I was intolerant of anything that kept me from getting on with what I was doing

15 I felt I was close to panic

16 I was unable to become enthusiastic about anything

17 I felt I wasn't worth much as a person

18 I felt that I was rather touchy

19 I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart 'missing a beat')

20 I felt scared without any good reason

21 I felt that life was meaningless

Depression

Anxiety

Stress

	<b>Normal</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Very severe</b>
<b>Depression</b>	0 - 9	10 - 13	14 - 20	21 - 27	28 +
<b>Anxiety</b>	0 - 7	8 - 9	10 - 14	15 - 19	20 +
<b>Stress</b>	0 - 14	15 - 18	19 - 25	26 - 33	34 +

The maximum score of the DASS-21 is 42 in each of the depression, anxiety and stress scales. Lower scores are better. Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales (second edition). Psychology Foundation.

Crawford, J.R & Henry, J.D. (2003). The Depression Anxiety Stress Scales (DASS): Normative data and latent structure in a large non-clinical sample. *British Journal of Clinical Psychology* (2003), 42, 111–131.