

# DASS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please read each statement and circle 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 statement.

*The rating scale is as follows:*

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time

- 1 I found myself getting upset by quite trivial things
- 2 I was aware of dryness of my mouth
- 3 I couldn't seem to experience any positive feeling at all
- 4 I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)
- 5 I just couldn't seem to get going
- 6 I tended to over-react to situations
- 7 I had a feeling of shakiness (eg, legs going to give way)
- 8 I found it difficult to relax
- 9 I found myself in situations that made me so anxious I was most relieved when they ended
- 10 I felt that I had nothing to look forward to
- 11 I found myself getting upset rather easily
- 12 I felt that I was using a lot of nervous energy
- 13 I felt sad and depressed
- 14 I found myself getting impatient when I was delayed in any way (eg, lifts, traffic lights, being kept waiting)
- 15 I had a feeling of faintness
- 16 I felt that I had lost interest in just about everything
- 17 I felt I wasn't worth much as a person
- 18 I felt that I was rather touchy
- 19 I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion
- 20 I felt scared without any good reason
- 21 I felt that life wasn't worthwhile

Please turn the page 

*Reminder of rating scale:*

- 0 Did not apply to me at all
  - 1 Applied to me to some degree, or some of the time
  - 2 Applied to me to a considerable degree, or a good part of time
  - 3 Applied to me very much, or most of the time
- 
- 22 I found it hard to wind down
  - 23 I had difficulty in swallowing
  - 24 I couldn't seem to get any enjoyment out of the things I did
  - 25 I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)
  - 26 I felt down-hearted and blue
  - 27 I found that I was very irritable
  - 28 I felt I was close to panic
  - 29 I found it hard to calm down after something upset me
  - 30 I feared that I would be "thrown" by some trivial but unfamiliar task
  - 31 I was unable to become enthusiastic about anything
  - 32 I found it difficult to tolerate interruptions to what I was doing
  - 33 I was in a state of nervous tension
  - 34 I felt I was pretty worthless
  - 35 I was intolerant of anything that kept me from getting on with what I was doing
  - 36 I felt terrified
  - 37 I could see nothing in the future to be hopeful about
  - 38 I felt that life was meaningless
  - 39 I found myself getting agitated
  - 40 I was worried about situations in which I might panic and make a fool of myself
  - 41 I experienced trembling (eg, in the hands)
  - 42 I found it difficult to work up the initiative to do things

## DASS 42 SCORE SHEET

Enter each score from the questionnaire into the first two columns.

Add up each row and enter the score into the available box (D, A or S)

Add up the each of the D, A and S columns.

The total for each column is the score for that trait:

D = Depression

A = Anxiety

S = Stress

Use the ratings table below to assess the meaning of each score.

### Score Calculation:

Q	Score	Q	Score	All D scores	All A scores	All S scores
1		22				
2		23				
3		24				
4		25				
5		26				
6		27				
7		28				
8		29				
9		30				
10		31				
11		32				
12		33				
13		34				
14		35				
15		36				
16		37				
17		38				
18		39				
19		40				
20		41				
21		42				
				Total for D	Total for A	Total for S

### Score Interpretation:

	Depression (D)	Anxiety (A)	Stress (S)
<b>Normal</b>	0 – 9	0 – 7	0 – 14
<b>Mild</b>	10 – 13	8 – 9	15 – 18
<b>Moderate</b>	14 – 20	10 – 14	19 – 25
<b>Severe</b>	21 – 27	15 – 19	26 – 33
<b>Extremely Severe</b>	28+	20+	34 +