

DASS 21

Client number:

Name:

Sex:

Date of birth:

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 - NEVER

1 Applied to me to some degree, or some of the time - SOMETIMES

2 Applied to me to a considerable degree, or a good part of the time - OFTEN

3 Applied to me very much, or most of the time - ALMOST ALWAYS

		N	S	O	AA
1	I found it hard to wind down.	0	1	2	3
2	I was aware of dryness of my mouth.	0	1	2	3
3	I couldn't seem to experience any positive feeling at all.	0	1	2	3
4	I experienced breathing difficulty. (e.g. excessive rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5	I found it difficult to work up initiative to do things.	0	1	2	3
6	I tended to over-react to situations.	0	1	2	3
7	I experienced trembling (e.g. in the hands).	0	1	2	3
8	I felt that I was using a lot of nervous energy.	0	1	2	3
9	I was worried about situations in which I might panic and make a fool of myself.	0	1	2	3
10	I felt that I had nothing to look forward to.	0	1	2	3
11	I found myself getting agitated.	0	1	2	3
12	I found it difficult to relax.	0	1	2	3
13	I felt down-hearted and blue.	0	1	2	3
14	I was intolerant of anything that kept me from getting on with what I was doing.	0	1	2	3
15	I felt I was close to panic.	0	1	2	3
16	I was unable to become enthusiastic about anything.	0	1	2	3
17	I felt I wasn't worth much as a person.	0	1	2	3
18	I felt that I was rather touchy.	0	1	2	3
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)	0	1	2	3
20	I felt scared without any good reason.	0	1	2	3
21	I felt life was meaningless.	0	1	2	3

Turn over for scoring instructions

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DASS21 Quick Score				Item	Depression D	Anxiety A	Stress S
Interpretation of score:				1	S		
				2	A		
				3	D		
				4	A		
				5	D		
				6	S		
				7	A		
				8	S		
				9	A		
				10	D		
				11	S		
				12	S		
				13	D		
				14	S		
				15	A		
				16	D		
				17	D		
				18	S		
				19	A		
				20	A		
				21	D		
Total each scale, then multiply sum by 2.				Totals			
				x2			
Name:						Signature:	
Designation:				Date: / /			

Reference: Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety Stress Scales. (2nd. Ed.) Sydney: Psychology Foundation.