

DASS-21

Depression, Anxiety and Stress Scale - 21 Items

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.

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 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 0 1 2 3
4. I experienced breathing difficulty 0 1 2 3
5. I found it difficult to work up the 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 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 0 1 2 3
20. I felt scared without any good reason 0 1 2 3
21. I felt that life was meaningless 0 1 2 3

SCORING:

Depression: Sum items 3,5,10,13,16,17,21 Score: _____ x 2 = _____

Anxiety: Sum items 2,4,7,9,15,19,20 Score: _____ x 2 = _____

Stress: Sum items 1,6,8,11,12,14,18 Score: _____ x 2 = _____

Lovibond, P.F. & Lovibond, S.H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33, 335-343.