

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

Adapted from Lovibond PF and Lovibond SH. The Structure of Negative Emotional States: Comparison of the Depression Anxiety Stress Scale (DASS) with the Beck Depression and Anxiety Inventories, Behav. Res. Ther., Vol 33: No 3, 335-343, 1995; Left column of Table 3. Used with permission from Elsevier Publishing.

For additional information on the DASS-21, please visit the instrument's homepage (<http://www2.psy.unsw.edu.au/dass/DASSFAQ.htm# 2. Who can administer and interpre>)

Scoring: Sum the score of each item to get a total score.

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.

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

DASS-21 Worksheet:

Patient name: _____

Date: _____

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

Total score: _____