



Name

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 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

0 1 2 3 D A S

	0	1	2	3	D	A	S
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 feeling at all							
4 I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness 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 (eg, 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 (eg, sense of heart rate increase, heart missing a beat)							
20 I felt scared without any good reason							
21 I felt that life was meaningless							



The DASS is a quantitative measure of distress along the 3 axes of depression, anxiety¹ and stress². **The DASS21 is not a diagnostic measure for a clinical disorder.** A clinical diagnosis of depression, anxiety and stress requires an appropriate clinical examination by an experienced clinician.

The essential function of the DASS is to assess the severity of the *core* symptoms of depression, anxiety and stress. Emotional syndromes like depression, anxiety and stress can be considered on a continuum of severity independent of a clinical diagnosis. The labels and cut-off scores for mild/moderate/severe/extremely severe are useful assessments of disturbance but not for a specific diagnosis.

Note: the severity of the labels are used to describe the full range of scores in the normal population, so a ‘mild’ means that you are above the mean for the normal population but well below for someone with the disorder – it does not mean you have a mild level of the disorder.

Note: None of the DASS items refers to suicidal ideation or intent. **If you are experiencing risk of harm/suicide to yourself or other please contact your emergency services or consult with a clinical or medical professional.**

People experiencing clinical depression, anxiety or stress may well present with additional symptoms such as sleep, appetite, and sexual disturbances and these are not addressed in the DASS.

1 Symptoms of psychological arousal

2 The more cognitive, subjective symptoms of anxiety

DASS 21 SCORE

My Score...

DEPRESSION ANXIETY STRESS

	Depression	Anxiety	Stress
Normal	0-4	0-3	0-7
Mild	5-6	4-5	8-9
Moderate	7-10	6-7	10-12
Severe	11-13	8-9	13-16
Extremely Severe	14+	10+	17+

Please note that this scoring table is modified from the DASS21 as published and publically available on the DASS [website](#).