

## Depression, Anxiety and Stress Scales (DASS-42)

Identifier

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 one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

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

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 feelings at all

4 I experienced breathing difficulty (e.g. breathlessness or excessively rapid breathing 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 (e.g. 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 (e.g. 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 (e.g. 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

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 (e.g. 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 (e.g. in the hands)

42 I found it difficult to work up the initiative to do things

Depression

Anxiety

Stress

	<b>Normal</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Very severe</b>
<b>Depression</b>	0 - 9	10 - 13	14 - 20	21 - 27	28 +
<b>Anxiety</b>	0 - 7	8 - 9	10 - 14	15 - 19	20 +
<b>Stress</b>	0 - 14	15 - 18	19 - 25	26 - 33	34 +

The maximum score of the DASS-42 is 42 in each of the depression, anxiety and stress scales. Lower scores are better. Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales (second edition). Psychology Foundation.

Crawford, J.R & Henry, J.D. (2003). The Depression Anxiety Stress Scales (DASS): Normative data and latent structure in a large non-clinical sample. *British Journal of Clinical Psychology* (2003), 42, 111–131.