

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. Don't 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 mental 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 the time

3 = Applied to me very much or most of the time

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|--|---------|
| 1. I found myself getting upset by trivial things | 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 feelings at all | 0 1 2 3 |
| 4. I experienced difficulty breathing (for example, breathlessness or excessively rapid breathing, in the absence of any physical exertion). | 0 1 2 3 |
| 5. I just couldn't seem to get going | 0 1 2 3 |
| 6. I tended to over-react to situations | 0 1 2 3 |
| 7. I had a feeling of shakiness | 0 1 2 3 |
| 8. I found it difficult to relax | 0 1 2 3 |
| 9. I found myself in situations that made me so anxious that I was very relieved when they ended | 0 1 2 3 |
| 10. I felt that I had nothing to look forward to | 0 1 2 3 |
| 11. I found myself getting upset rather easily | 0 1 2 3 |
| 12. I felt that I was using a lot of nervous energy | 0 1 2 3 |
| 13. I felt sad and depressed | 0 1 2 3 |
| 14. I found myself getting impatient when I was delayed in any way | 0 1 2 3 |
| 15. I had a feeling of faintness | 0 1 2 3 |
| 16. I felt that I had lost interest in just about everything | 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 |

Depression, Anxiety & Stress Scale (cont.)

19.I perspired noticeably in the absence of high temperatures or exercise	0	1	2	3
20.I felt scared without any good reason	0	1	2	3
21.I felt that life wasn't worthwhile	0	1	2	3
22.I found it hard to wind down	0	1	2	3
23.I had difficulty in swallowing	0	1	2	3
24.I couldn't seem to get any enjoyment out of the things I did	0	1	2	3
25.I was aware of rapid or irregular/fluttering heartbeat not from exercise	0	1	2	3
26.I felt down-hearted and "blue"	0	1	2	3
27.I found that I was very irritable	0	1	2	3
28.I felt I was close to panic	0	1	2	3
29.I found it hard to calm down after something upset me	0	1	2	3
30.I feared that I would be "thrown" by some trivial but unfamiliar task	0	1	2	3
31.I was unable to become enthusiastic about anything.	0	1	2	3
32.I found it difficult to tolerate interruptions	0	1	2	3
33.I was in a state of nervous tension	0	1	2	3
34.I felt I was pretty worthless	0	1	2	3
35.I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
36.I felt terrified	0	1	2	3
37.I could see nothing in the future to be hopeful about	0	1	2	3
38.I felt that life was meaningless	0	1	2	3
39.I found myself getting agitated	0	1	2	3
40.I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
41.I experienced trembling	0	1	2	3
42.I found it difficult to work up the initiative to do things	0	1	2	3



Depression, Anxiety & Stress Scale (cont.)

The maximum score on the DASS is 42 in each of the Depression, Anxiety and Stress scales; lower scores are better. These results are intended only 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 mental/emotional health professional.

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

Scoring your DASS results:

- **Questions measuring Depression:** 3___, 5___, 10___, 13___, 16___, 17___, 21___, 24___, 26___, 31___, 34___, 37___, 38___, 42___. **Depression Scale results:** ___ **Previous:** ___
- **Questions measuring Anxiety:** 2___, 4___, 7___, 9___, 15___, 19___, 20___, 23___, 25___, 28___, 30___, 36___, 40___, 41___. **Anxiety Scale results:** ___ **Previous:** ___
- **Questions measuring Stress:** 1___, 6___, 8___, 11___, 12___, 14___, 18___, 22___, 27___, 29___, 32___, 33___, 35___, 39___. **Stress Scale results:** ___ **Previous:** ___

