DASS-21

Depression Anxiety Stress Scales, short form

Name _____

Date _____

Please read each statement and choose the answer 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.

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

Over the past week		0	1	2	3
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 at all	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	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 (eg, 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 and make a fool of myself	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 (eg, sense of heart rate increase, heart missing a beat)	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

Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety Stress Scales (2nd ed.). Sydney: Psychology Foundation of Australia.

Scoring the DASS-21

For the practitioner. Detach before handing the questionnaire to a patient.

How to score it

1. Each answer scores the number circled, from 0 to 3. No item is reverse scored.
2. Add up the seven items of each scale below. Each scale is scored on its own: there is no combined total.
3. Multiply each sum by 2. The 21-item form is half the length of the original 42-item DASS, so doubling puts its scores on the same scale as the severity ratings.
4. Find each score's severity in the table further down. If any item on a scale is unanswered, don't score that scale.

Scores

Scale	Items	Sum		Score	Severity
Depression	3, 5, 10, 13, 16, 17, 21		×2		
Anxiety	2, 4, 7, 9, 15, 19, 20		×2		
Stress	1, 6, 8, 11, 12, 14, 18		×2		

Severity ratings (scores after doubling)

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

The DASS-21 measures the severity of depression, anxiety and stress symptoms over the past week. It is not a diagnostic tool: read the scores alongside your own clinical assessment.

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