DASS21

|  |  |
| --- | --- |
| Name:  | Date:  |

Read over each statement and **X** the number 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 statement, just do a quick run through.

0. did not apply to me at all – NEVER

1. Applied to some degree, or some of the time – SOMETIMES

2. Applied to a considerable degree, a good part of the time – OFTEN

3. Applied very much or most of the time. ALMOST ALWAYS

For each line write the number you chose in the unshaded blank space on the side.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **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: excessive rapid breathing, breathlessness in the absence of physical exertion, hard to get enough air not related to asthma.) |  |  |  |  |  |  |  |  |
| 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 or body) |  |  |  |  |  |  |  |  |
| 8 | I felt that I was experiencing / using a lot of nervous energy |  |  |  |  |  |  |  |  |
| 9 | I was worried about situations in which I might panic or make a fool of myself |  |  |  |  |  |  |  |  |
| 10 | I felt that I had nothing to look forward to this week |  |  |  |  |  |  |  |  |
| 11 | If ound myself getting agitated |  |  |  |  |  |  |  |  |
| 12 | I found it difficult to relax |  |  |  |  |  |  |  |  |
| 13 | I felt down-hearted and blue |  |  |  |  |  |  |  |  |
| 14 | I was interolerant of anything that kept me from getting on with what I was doing |  |  |  |  |  |  |  |  |
| 15 | I felt I was clost to panic |  |  |  |  |  |  |  |  |
| 16 | I was unable to become enthusiastic about anything  |  |  |  |  |  |  |  |  |
| 17 | I felt I wasn’t worth much as a person |  |  |  |  |  |  |  |  |
| 18 | If felt that I was rather touchy |  |  |  |  |  |  |  |  |
| 19 | I was aware of the action of my heart in the absence of physical exertion (eg: racing heart or missing a beat) |  |  |  |  |  |  |  |  |
| 20 | I felt scared for no obvious reason |  |  |  |  |  |  |  |  |
| 21 | I felt that life was meaningless  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| DASS21 TOTALS | Depression | Anxiety | Stress |
| DATE: |  |  |  |

