

Dass 21 (Short Form)

Please respond to each statement, based on how you felt in the *past week*.

Rating Scale:

- **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**

Depression Scale

1. I couldn't seem to experience any positive feeling at all.
2. I found it difficult to work up the initiative to do things.
3. I felt that I had nothing to look forward to.
4. I felt down-hearted and blue.
5. I was unable to become enthusiastic about anything.
6. I felt I wasn't worth much as a person.
7. I felt that life was meaningless.

Anxiety Scale

1. I was aware of dryness of my mouth.
2. I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).
3. I experienced trembling (e.g., in the hands).
4. I was worried about situations in which I might panic and make a fool of myself.
5. I felt I was close to panic.
6. I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart skipping a beat).
7. I felt scared without any good reason.



Dass 21 (Short Form)

Please respond to each statement, based on how you felt in the *past week*.

Rating Scale:

- **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**

Stress Scale

1. I found it hard to wind down.
2. I tended to over-react to situations.
3. I felt that I was using a lot of nervous energy.
4. I found myself getting agitated.
5. I found it difficult to relax.
6. I was intolerant of anything that kept me from getting on with what I was doing.
7. I felt that I was rather touchy.

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+

Summation x 2