

DASS-21

Please read each statement and circle a number 0, 1, 2 or 3 that indicates how much the statement applies to you **in general**. There are no right or wrong answers. Do not spend too much time on any statement. The rating scale is as follows:

0	1	2	3
Does not apply to me at all	Applies to me to some degree, or some of the time	Applies to me to a considerable degree, or a good part of the time	Applies to me very much, or most of the time

1. I find it hard to wind down.
2. I am aware of dryness of my mouth.
3. I can't seem to experience any positive feeling at all.
4. I experience breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).
5. I find it difficult to work up the initiative to do things.
6. I tend to over-react to situations.
7. I experience trembling (e.g., in the hands).
8. I feel that I use a lot of nervous energy.
9. I am worried about situations in which I might panic and make a fool of myself.
10. I feel that I have nothing to look forward to.
11. I find myself getting agitated.
12. I find it difficult to relax.
13. I feel down-hearted and blue.
14. I am intolerant of anything that keeps me from getting on with what I am doing.
15. I feel I am close to panic.
16. I am unable to become enthusiastic about anything.
17. I feel I am not worth much as a person.
18. I feel that I am rather touchy.
19. I am aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat).
20. I feel scared without any good reason.
21. I feel that life is meaningless.