**Depression, Anxiety and Stress Scale (DASS-21)**

DASS-21 is an assessment designed to measure three common negative emotional states, which are depression, anxiety, and tension/stress. The rating scale and the assessment are as follow:

|  |  |
| --- | --- |
| Score | 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 |

|  |  |  |
| --- | --- | --- |
| ID | Question statement | Score |
| 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 (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion) |  |
| 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 (e.g., in the hands) |  |
| 8 | I felt that I was using a lot of nervous energy |  |
| 9 | I was worried about situations in which I might panic and make a fool of myself |  |
| 10 | I felt that I had nothing to look forward to |  |
| 11 | I found myself getting agitated |  |
| 12 | I found it difficult to relax |  |
| 13 | I felt down-hearted and blue |  |
| 14 | I was intolerant of anything that kept me from getting on with what I was doing |  |
| 15 | I felt I was close to panic |  |
| 16 | I was unable to become enthusiastic about anything |  |
| 17 | I felt I wasn't worth much as a person |  |
| 18 | I felt that I was rather touchy |  |
| 19 | I was 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 felt scared without any good reason |  |
| 21 | I felt that life was meaningless |  |

|  |  |  |
| --- | --- | --- |
| STRESS | ANXIETY | DEPRESSION |
| Score = (Q1+Q6+Q8+Q11+Q12+Q14+Q18) x 2 | Score = (Q2+Q4+Q7+Q9+Q15+Q19+Q20) x 2 | Score = (Q3+Q5+Q10+Q13+Q16+Q17+Q21) x 2 |

|  |  |  |  |
| --- | --- | --- | --- |
|  | STRESS | ANXIETY | DEPRESSION |
| NORMAL | 0-14 | 0-7 | 0-9 |
| MILD | 15-18 | 8-9 | 10-13 |
| MODERATE | 19-25 | 10-14 | 14-20 |
| SEVERE | 26-33 | 15-19 | 21-27 |
| EXTREMELY  SEVERE | 34+ | 20 | 28+ |