

# Depression, Anxiety and Stress Scale Survey and statistics per country analysis

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Final Project - Ironhack, Data Analytics 012024

# Depression Anxiety and Stress Scale DASS (-42)

- The DASS-42 is a 42 questions survey which measures the negative emotional states of depression, anxiety and stress.
  - Depression: mental disorder that involves loss of pleasure or interest in activities for long periods of time
  - Anxiety: emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.
  - Stress: state of worry or mental tension caused by difficult situations. Even though its a normal experience for humans, the way we respond to it can affect our overall well being.
- It is used by psychologists to determine the individual's needs and define treatment
- It includes demographic questions which allow for clustering (e.g. education level)
- Individuals need to answer, in a scale (0, 1, 2, 3, 4) how much does the statement apply to them **over the past week**

# Depression Anxiety and Stress Scale DASS (-42)

DASS (42) Scoring	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+

In case you want to take the survey: [link](#)

# DASS (-42) Survey

- The DASS-42 survey was hosted on OpenPsychometric.org between 2017-2019 and run through ca. 40k individuals from diverse backgrounds, gender, sexual orientation, education, etc. These are the scores:

DASS-42 score	Depression	Anxiety	Stress
Normal (0)	22%	25%	<b>30%</b>
Mild (1)	10%	7%	12%
Moderate (2)	18%	18%	22%
Severe (3)	16%	15%	22%
Extremely severe (4)	<b>34%</b>	<b>35%</b>	14%

# DASS (-42) demographics

- The following are some demographics of the respondents:
  - Gender : 76% female, 22% male, 2% other
  - Education: 38% University degree, 38% High School, 13% Postgraduate, 11% less than high school
  - Country where the individuals took the survey: 54% Malaysia, 21% USA, 3% UK, 22% others
  - Orientation: 61% straight, 13% bisexual, 16% other, 5% asexual, 5% homosexual
  - Average age: 23

# DASS-42 survey - Higher education hypotheses

1. H0: people with a University degree have high scores for anxiety  $\geq 3$

**Result:** rejected, anxiety level is moderate (2)

2. H0: people with a University degree have high scores for stress  $\geq 3$

**Result:** rejected, stress level is mild (1)

3. H0: people with a University degree have high scores for depression  $\geq 3$

**Result:** rejected, depression level is moderate (2)

# DASS-42 survey - Age hypotheses

1. H0: teenagers (13-19) have high scores for anxiety  $\geq 3$   
**Result:** rejected, anxiety level is moderate (2)
2. H0: women between 30-40 years old have high scores for anxiety  $\geq 3$   
**Result:** rejected, anxiety level is moderate (2)
3. H0: people between 30-40 years old have high scores for stress  $\geq 3$   
**Result:** rejected, stress level is mild (1)
4. H0: men between 30-40 have high scores for stress  $\geq 3$   
**Result:** rejected, stress level is mild (1)

# DASS-42 survey - Age hypotheses

5. H0: men in the US between 30-40 have high scores for stress  $\geq 3$

**Result:** rejected, anxiety level is mild (1)

6. H0: women between 30-40 years old have high scores for depression  $\geq 3$

**Result:** rejected, depression level is moderate (2)

7. H0: women in the US between 30-40 years old have high scores for depression  $\geq 3$

**Result:** rejected, depression level is moderate (2)

8. H0: people between 60-70 years old have high scores for depression  $\geq 3$

**Result:** rejected, depression level is moderate (2)