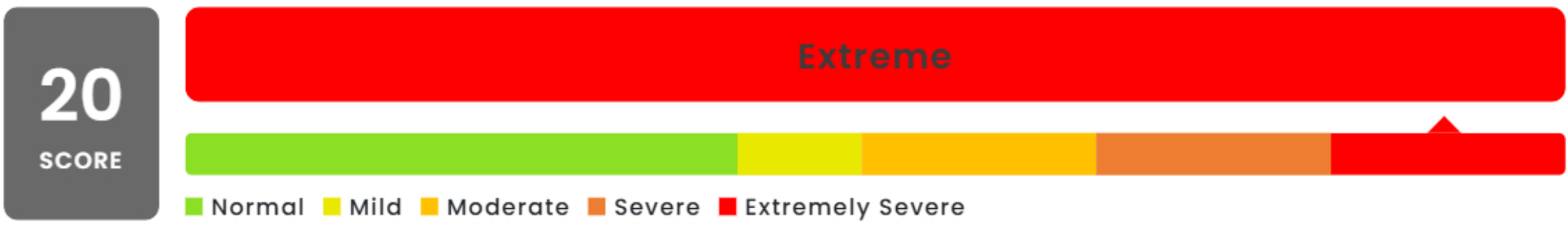


# DEPRESSION, ANXIETY AND STRESS SCALE (DASS)

Thank you for reaching out to MENTARI Self Test  
*Terima kasih kerana melayari ujian sendiri MENTARI.*

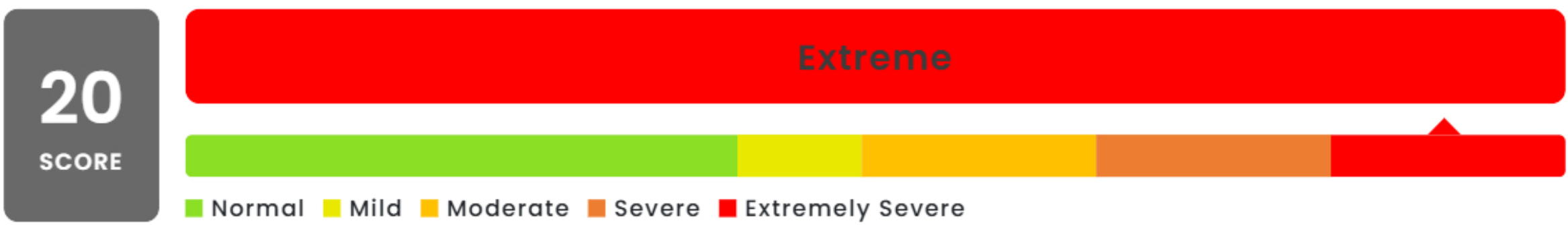
## STRESS



Based on your responses, there is a chance that you are currently experiencing stress. Please note, this short questionnaire is just a guide and the feelings you may be experiencing could be something other than stress, anxiety or depression. We suggest that you book an appointment with professionals, you can go either to MENTARI Consultation Clinic, your GP or Public Health Clinic to discuss these results with them. Take a printed copy of this report with you and book an appointment so you can discuss your current symptoms and your future plan of management with them.

Berdasarkan jawapan anda, berkemungkinan anda sedang mengalami tekanan. Cadangan kepada anda, sila dapatkan temujanji bersama professional, anda boleh mendapatkannya samaada di MENTARI, doktor (GP) anda atau di Klinik Kesihatan yang berhampiran untuk membincangkan laporan ujian ini. Dapatkan laporan ujian ini dan bawa semasa temujanji anda untuk membincangkan gejala yang anda yang terkini, dan membincangkan rawatan lanjut bersama mereka.

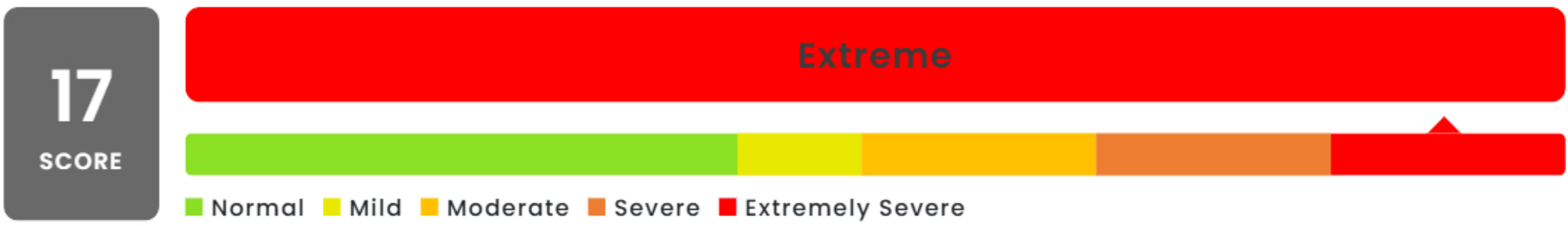
## ANXIETY



Based on your responses, there is a chance that you are currently experiencing anxiety. Please note, this short questionnaire is just a guide and the feelings you may be experiencing could be something other than stress, anxiety or depression. We suggest that you book an appointment with professionals, you can go either to MENTARI Consultation Clinic, your GP or Public Health Clinic to discuss these results with them. Take a printed copy of this report with you and book an appointment so you can discuss your current symptoms and your future plan of management with them.

Berdasarkan jawapan anda, berkemungkinan anda sedang mengalami kegelisahan. Cadangan kepada anda, sila dapatkan temujanji bersama professional, anda boleh mendapatkannya samaada di MENTARI, doktor (GP) anda atau di Klinik Kesihatan yang berhampiran untuk membincangkan laporan ujian ini. Dapatkan laporan ujian ini dan bawa semasa temujanji anda untuk membincangkan gejala yang anda yang terkini, dan membincangkan rawatan lanjut bersama mereka.

## DEPRESSION



Based on your responses, there is a chance that you are currently experiencing depression. Please note, this short questionnaire is just a guide and the feelings you may be experiencing could be something other than stress, anxiety or depression. We suggest that you book an appointment with professionals, you can go either to MENTARI Consultation Clinic, your GP or Public Health Clinic to discuss these results with them. Take a printed copy of this report with you and book an appointment so you can discuss your current symptoms and your future plan of management with them.

Berdasarkan jawapan anda, berkemungkinan anda sedang mengalami kemurungan. Cadangan kepada anda, sila dapatkan temujanji bersama professional, anda boleh mendapatkannya samaada di MENTARI, doktor (GP) anda atau di Klinik Kesihatan yang berhampiran untuk membincangkan laporan ujian ini. Dapatkan laporan ujian ini dan bawa semasa temujanji anda untuk membincangkan gejala yang anda yang terkini, dan membincangkan rawatan lanjut bersama mereka.

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