DASS 42

Description

The DASS-42 is a 42 item self-report scale designed to measure the emotional states of depression, anxiety and stress. The principal value of the DASS in a clinical setting is to clarify the locus of emotional disturbance, as part of the broader task of clinical assessment. The essential function of the DASS is to assess the severity of the core symptoms of Depression, Anxiety and Stress. Accordingly, the DASS allows not only a way to measure the severity of a patient's symptoms but a means by which a patient's response to treatment can also be measured.

This is a screening instrument and practitioners should make a clinical judgment as to whether an individual needs further assessment for anxiety and depression. High scores on the DASS would certainly alert the clinician to a high level of distress in the patient and this would need to be explored further within the interview process. Similarly, low scores on the DASS should not be a substitute for a comprehensive clinical interview.

Scoring

Each of the 42 questions is scored on a 4-point scale ranging from 0 ("Did not apply to me at all") to 3 ("Applied to me very much, or most of the time"). Scores for Depression, Anxiety and Stress are calculated by summing the scores for the relevant items:

Depression: 3, 5, 10, 13, 16, 17, 21, 24, 26, 31, 34, 37, 38, 42

Anxiety: 2, 4, 7, 9, 15, 19, 20, 23, 25, 28, 30, 36, 40, 41

Stress: 1, 6, 8, 11, 12, 14, 18, 22, 27, 29, 32, 33, 35, 39

DASS 42 Score Sheet

Enter each score from the questionnaire into the first two columns. Add up each row and enter the score into the available box (D, A or S). Add up the each of the D, A and S columns.

The total for each column is the score for that trait:

        D = Depression

        A = Anxiety

        S = Stress

Q	Score	Q	Score	Depression scores	Anxiety scores	Stress scores
1		22				
2		23				
3		24				
4		25				
5		26				
6		27				
7		28				
8		29				
9		30				
10		31				
11		32				
12		33				
13		34				
14		35				
15		36				
16		37				
17		38				
18		39				
19		40				
20		41				
21		42				
			Total			

Interpretation Guide

The DASS is based on a dimensional rather than a categorical conception of measure of distress where depression and anxiety vary along a continuum of severity. The DASS has no direct implications for the allocation of patients to discrete diagnostic categories postulated in classificatory systems such as the DSM and ICD. However, recommended cutoffs for conventional severity labels are given in the DASS Manual (http://www2.psy.unsw.edu.au/groups/dass/order.htm).

The severity labels are used to describe the full range of scores in the population, so 'mild' for example means that the person is above the population mean but probably still below the typical severity of someone seeking help (i.e. it does not mean a mild level of disorder).

	Depression (D)	Anxiety (A)	Stress (S)
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+

References

Lovibond, S.H., Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales (2nd ed.)*. Sydney: Psychology Foundation.

Crawford, J. R., & Henry, J. D. (2003). The Depression Anxiety Stress Scales (DASS): Normative data and latent structure in a large non-clinical sample. *British Journal of Clinical Psychology, 42*(2), 111–131.