



DEPRESSION ANXIETY AND STRESS SCALE (DASS-42)

The DASS is a 42-item questionnaire which includes three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. Each of the three scales contains 14 items, divided into subscales of 2-5 items with similar content. The Depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia. The Anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The Stress scale (items) is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive and impatient. Respondents are asked to use 4-point severity/frequency scales to rate the extent to which they have experienced each state over the past week.

Reference : Lovibond, S.H. & Lovibond, P.f. (1995). Manual for the Depression anxiety Stress Scales. (2nd Ed) Sydney: Psychology Foundation.

Name:	Date:
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Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follow

DEPRESSION ANXIETY AND STRESS SCALE (DASS-42) – Cont.

Scoring Template

1. S	2. A	3. D	4. A
5. D	6. S	7. A	8. S
9. A	10. D	11. S	12. S
13. D	14. S	15. A	16. D
17. D	18. S	19. A	20. A
21. D	22. S	23. A	24. D
25. A	26. D	27. S	28. A
29. S	30. A	31. D	32. S
33. S	34. D	35. S	36. A
37. D	38. D	39. S	40. A
41. A	42. D		

Scores of Depression, Anxiety and Stress are calculated by summing the scores for the relevant items. The depression scale items are 3, 5, 10, 13, 16, 17, 21, 24, 26, 31, 34, 37, 38, 42. The anxiety scale items are 2, 4, 7, 9, 15, 19, 20, 23, 25, 28, 30, 36, 40, 41. The stress scale items are 1, 6, 8, 11, 12, 14, 18, 22, 27, 29, 32, 33, 35, 39.

	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+

Norms: Normative data are available on a number of Australian samples. From a sample of 2914 adults the means (and standard deviations) were 6.34 (6.97), 4.7 (4.91), and 10.11 (7.91) for the depression, anxiety, and stress scales, respectively. A clinical sample reported means (and standard deviations) of 10.65 (9.3), 10.90 (8.12), and 21.1 (11.15) for the three measures.

Source: www.psy.unsw.edu.au/groups