

Depression, Anxiety, and Stress Scale (DASS)

Free, available at <http://www2.psy.unsw.edu.au/dass/>

Pop	Time	Purpose	Measures	Scoring	Notes
War Veterans and War Widowers Acquired brain injury with elevated psychological distress Pts presenting with phobia and anxiety disorders Undergraduate students Low back pain Chronic fatigue syndrome Spinal cord injury Adolescents General population	10 mins	Assesses the fundamental symptoms of depression, anxiety, and tension/stress	Depression Anxiety Stress	42 items in which an individual rates from 0 -3 0 = does not apply to me at all 1 = Applies to me 2 = Applies to me to a considerable degree, or a good part of the time 3 = Applies to me very much, or most of the time Tally scores on all depression items for depression score Tally scores on all anxiety items for anxiety score Tally scores on all tension/stress items for tension/stress score See DASS document to identify scores that fall within normal, mild, moderate, severe, or extremely severe	Depression, anxiety, and stress are commonly addressed in RT. Consider using this scale as a pre-post test to measure baseline data and outcomes of related interventions. The DASS is a "screening" tool ONLY. It does not equate with a formal mental health diagnosis (e.g., Major Depressive Disorder, Generalized Anxiety Disorder, Post Traumatic Stress Disorder). If an individual fall within the severe or extremely severe score range, the therapist should request a full mental health evaluation.

DASS Completed Example

DASS		Name:	Date:
Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you <i>over the past week</i> . There are no right or wrong answers. Do not spend too much time on any statement.			
<i>The rating scale is as follows:</i>			
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			
1	I found myself getting upset by quite trivial things	0 (1) 2 3	S
2	I was aware of dryness of my mouth	0 1 (2) 3	A
3	I couldn't seem to experience any positive feeling at all	0 1 2 (3)	D
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0 (1) 2 3	A
5	I just couldn't seem to get going	0 1 (2) 3	D
6	I tended to over-react to situations	0 (1) 2 3	S
7	I had a feeling of shakiness (eg, legs going to give way)	0 (1) 2 3	A
8	I found it difficult to relax	0 1 (2) 3	S
9	I found myself in situations that made me so anxious I was most relieved when they ended	0 1 2 (3)	A
10	I felt that I had nothing to look forward to	0 1 2 (3)	D
11	I found myself getting upset rather easily	0 1 (2) 3	S
12	I felt that I was using a lot of nervous energy	0 (1) 2 3	S
13	I felt sad and depressed	0 1 (2) 3	D
14	I found myself getting impatient when I was delayed in any way (eg, lifts, traffic lights, being kept waiting)	0 1 (2) 3	S
15	I had a feeling of faintness	0 (1) 2 3	A
16	I felt that I had lost interest in just about everything	0 1 2 (3)	D
17	I felt I wasn't worth much as a person	0 1 2 (3)	D
18	I felt that I was rather touchy	0 1 (2) 3	S
19	I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion	(0) 1 2 3	A
20	I felt scared without any good reason	(0) 1 2 3	A
21	I felt that life wasn't worthwhile	0 1 (2) 3	D

Common assessment measures: DASS Page 2

Reminder of 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

22	I found it hard to wind down	0 (1) 2 3	S
23	I had difficulty in swallowing	(0) 1 2 3	A
24	I couldn't seem to get any enjoyment out of the things I did	0 1 (2) 3	D
25	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0 (1) 2 3	A
26	I felt down-hearted and blue	0 1 (2) 3	D
27	I found that I was very irritable	0 (1) 2 3	S
28	I felt I was close to panic	(0) 1 2 3	A
29	I found it hard to calm down after something upset me	(0) 1 2 3	S
30	I feared that I would be "thrown" by some trivial but unfamiliar task	(0) 1 2 3	A
31	I was unable to become enthusiastic about anything	0 1 (2) 3	D
32	I found it difficult to tolerate interruptions to what I was doing	0 1 2 (3)	S
33	I was in a state of nervous tension	0 (1) 2 3	S
34	I felt I was pretty worthless	0 1 (2) 3	D
35	I was intolerant of anything that kept me from getting on with what I was doing	0 1 2 (3)	S
36	I felt terrified	0 (1) 2 3	A
37	I could see nothing in the future to be hopeful about	0 1 (2) 3	D
38	I felt that life was meaningless	0 1 (2) 3	D
39	I found myself getting agitated	0 1 (2) 3	S
40	I was worried about situations in which I might panic and make a fool of myself	(0) 1 2 3	A
41	I experienced trembling (eg, in the hands)	(0) 1 2 3	A
42	I found it difficult to work up the initiative to do things	0 (1) 2 3	D

DASS	Scoring Template	
Common assessment measures: DASS		
$S = 22$	$A = 10$	$D = 31$

Page 3

Narrative Summary of Findings

Here's an example of how you might document the above findings:

According to the Depression, Anxiety, & Stress Scale (DASS), pt exhibits moderate symptoms of Stress (S=22) and Anxiety (A=10), along with extremely severe symptoms of Depression (D=31).