



**Lee Wong**

professional online counselling

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## **DASS 21**

**Name:**

**Date:**

Please read each statement and enter 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 follows:    **0 = NEVER**            **1 = SOMETIMES**            **2 = OFTEN**            **3 = ALMOST ALWAYS**

#	Question	0	1	2	3
1	I found it hard to wind down				
2	I was aware of dryness of my mouth				
3	I couldn't seem to experience any positive feeling at all				
4	I experienced breathing difficulty (e.g., excessively rapid breathing or breathlessness in the absence of physical exertion)				
5	I found it difficult to work up the initiative to do things				
6	I tended to over-react to situations				
7	I experienced trembling (e.g., in the hands)				
8	I felt that I was using a lot of nervous energy				
9	I was worried about situations in which I might panic and make a fool of myself				
10	I felt that I had nothing to look forward to				
11	I found myself getting agitated				
12	I found it difficult to relax				
13	I felt down-hearted and blue				
14	I was intolerant of anything that kept me from getting on with what I was doing				
15	I felt I was close to panic				
16	I was unable to become enthusiastic about anything				
17	I felt I wasn't worth much as a person				
18	I felt that I was rather touchy (e.g., emotionally sensitive/reactive)				
19	I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat)				
20	I felt scared without any good reason				
21	I felt that life was meaningless				

**Note:** The DASS 21 is a quantitative measure of distress along the 3 axes of depression, anxiety and stress – it is not a categorical measure of clinical diagnoses. Emotional syndromes like depression and anxiety are intrinsically dimensional – they vary along a continuum of severity. For clinical purposes, the DASS can help provide 'labels' to characterise the degree of severity relative to the population. Individual DASS scores do not define appropriate interventions. They should be used in conjunction with all clinical information available. The DASS 21 is not able to be used to provide diagnoses.

For more information on the DASS 21, visit [here](#).