

The DASS 42

Please read each statement and choose which best indicates how much the statement applied to you over the past week.

	Question	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me a considerable degree, or a good part of the time	Applied to me very much, or most of the time
1.	I found myself getting upset by quite trivial things				
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, breathlessness in the absence of physical exertion)				
5.	I just couldn't seem to get going				
6.	I tended to over-react to situations				
7.	I had a feeling of shakiness (e.g. legs going to give way)				
8.	I found it difficult to relax				
9.	I found myself in situations that made me so anxious I was most relieved when they ended				
10.	I felt that I had nothing to look forward to				
11.	I found myself getting upset rather easily				
12.	I felt that I was using a lot of nervous energy				
13.	I felt sad and depressed				
14.	I found myself getting impatient when I was delayed in any way (e.g. lifts, traffic lights, being kept waiting)				
15.	I had a feeling of faintness				
16.	I felt that I had lost interest in just about everything				
17.	I felt I wasn't worth much as a person				
18.	I felt that I was rather touchy				
19.	I perspired noticeably (e.g. hands sweaty) in the absence of high temperatures or physical exertion				
20.	I felt scared without any good reason				
21.	I felt that life wasn't worthwhile				
22.	I found it hard to wind down				
23.	I had difficulty in swallowing				
24.	I couldn't seem to get any enjoyment out of the things I did				
25.	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)				

Key	
0	Did not apply to me at all
1	Applied to me to some degree, or some of the time
2	Applied to me a considerable degree, or a good part of the time
3	Applied to me very much, or most of the time

	Question	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me a considerable degree, or a good part of the time	Applied to me very much, or most of the time
26.	I felt down-hearted and blue				
27.	I found that I was very irritable				
28.	I felt I was close to panic				
29.	I found it hard to calm down after something upset me				
30.	I feared that I would be "thrown" by some trivial but unfamiliar task				
31.	I was unable to become enthusiastic about anything				
32.	I found it difficult to tolerate interruptions to what I was doing				
33.	I was in a state of nervous tension				
34.	I felt I was pretty worthless				
35.	I was intolerant of anything that kept me from getting on with what I was doing				
36.	I felt terrified				
37.	I could see nothing in the future to be hopeful about				
38.	I felt that life was meaningless				
39.	I found myself getting agitated				
40.	I was worried about situations in which I might panic and make a fool of myself				
41.	I experienced trembling (e.g. in the hands)				
42.	I found it difficult to work up to the initiative to do things				

Your Score			
-------------------	--	--	--

	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+

Key	
0	Did not apply to me at all
1	Applied to me to some degree, or some of the time
2	Applied to me a considerable degree, or a good part of the time
3	Applied to me very much, or most of the time