

# DASS

Name:

Date:

Please read each statement and circle a number 0, 1, 2 or 3 that 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 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

2 I was aware of dryness of my mouth

0 1 2 3

3 I couldn't seem to experience any positive feeling at all

0 1 2 3

4 I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)

0 1 2 3

5 I just couldn't seem to get going

0 1 2 3

6 I tended to over-react to situations

0 1 2 3

7 I had a feeling of shakiness (eg, legs going to give way)

0 1 2 3

8 I found it difficult to relax

0 1 2 3

9 I found myself in situations that made me so anxious I was most relieved when they ended

0 1 2 3

10 I felt that I had nothing to look forward to

0 1 2 3

11 I found myself getting upset rather easily

0 1 2 3

12 I felt that I was using a lot of nervous energy

0 1 2 3

13 I felt sad and depressed

0 1 2 3

14 I found myself getting impatient when I was delayed in any way (eg, elevators, traffic lights, being kept waiting)

0 1 2 3

15 I had a feeling of faintness

0 1 2 3

16 I felt that I had lost interest in just about everything

0 1 2 3

17 I felt I wasn't worth much as a person

0 1 2 3

18 I felt that I was rather touchy

0 1 2 3

19 I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion

0 1 2 3

20 I felt scared without any good reason

0 1 2 3

21 I felt that life wasn't worthwhile

0 1 2 3

22 I found it hard to wind down

0 1 2 3

23 I had difficulty in swallowing

0 1 2 3

24 I couldn't seem to get any enjoyment out of the things I did

0 1 2 3

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

<b>26</b> I felt down-hearted and blue	0 1 2 3
<b>27</b> I found that I was very irritable	0 1 2 3
<b>28</b> I felt I was close to panic	0 1 2 3
<b>29</b> I found it hard to calm down after something upset me	0 1 2 3
<b>30</b> I feared that I would be "thrown" by some trivial but unfamiliar task	0 1 2 3
<b>31</b> I was unable to become enthusiastic about anything	0 1 2 3
<b>32</b> I found it difficult to tolerate interruptions to what I was doing	0 1 2 3
<b>33</b> I was in a state of nervous tension	0 1 2 3
<b>34</b> I felt I was pretty worthless	0 1 2 3
<b>35</b> I was intolerant of anything that kept me from getting on with what I was doing	0 1 2 3
<b>36</b> I felt terrified	0 1 2 3
<b>37</b> I could see nothing in the future to be hopeful about	0 1 2 3
<b>38</b> I felt that life was meaningless	0 1 2 3
<b>39</b> I found myself getting agitated	0 1 2 3
<b>40</b> I was worried about situations in which I might panic and make a fool of myself	0 1 2 3
<b>41</b> I experienced trembling (eg, in the hands)	0 1 2 3
<b>42</b> I found it difficult to work up the initiative to do things	0 1 2 3