

# DASS21

 Name: \_\_\_\_\_  
 Organisation: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Section 2 – DASS Information

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.

## Section 3 - Responses

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

		Rating				Internal Use Only		
		Circle a number 0, 1, 2 or 3				D	A	S
1.	I found it hard to wind down	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 (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3			
5.	I found it difficult to work up the initiative to do things	0	1	2	3			
6.	I tended to over-react to situations	0	1	2	3			
7.	I experienced trembling (eg, in the hands)	0	1	2	3			
8.	I felt that I was using a lot of nervous energy	0	1	2	3			
9.	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3			
10.	I felt that I had nothing to look forward to	0	1	2	3			
11.	I found myself getting agitated	0	1	2	3			
12.	I found it difficult to relax	0	1	2	3			
13.	I felt down-hearted and blue	0	1	2	3			
14.	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3			
15.	I felt I was close to panic	0	1	2	3			
16.	I was unable to become enthusiastic about anything	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 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)	0	1	2	3			
20.	I felt scared without any good reason	0	1	2	3			
21.	I felt that life was meaningless	0	1	2	3			
<b>TOTALS</b>								