

DASS₂₁ SCORESHEET

Name: _____ Date: ____ / ____ / ____

Organisation: _____

Measure: Pre Test Post Test Session No.: _____

Section 2 – DASS Scoresheet Information

- Sum scores for each scale.
- For short (21-item) version, multiply sum by 2.

Section 3 – Score Scale

	Normal	Mild	Moderate	Severe	Very Severe
Depression	0-9	10-13	14-20	21-27	28+
Anxiety	0-7	8-9	10-14	15-19	20+
Stress	0-14	15-18	19-25	26-33	34-

Section 4 – Initial and date to confirm data entry completion:

Initials: _____ Date: ____ / ____ / ____