

DASS-21

** indicates a required field*

Do not spend too much time on any statement.

*** 1. I found it hard to wind down**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 2. I was aware of dryness of my mouth**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

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

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

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

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 5. I found it difficult to work up the initiative to do things**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 6. I tended to over-react to situations**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 7. I experienced trembling (eg, in the hands)**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 8. I felt that I was using a lot of nervous energy**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 9. I was worried about situations in which I might panic and make a fool of myself**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 10. I felt that I had nothing to look forward to**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 11. I found myself getting agitated**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 12. I found it difficult to relax**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 13. I felt down-hearted and blue**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 14. I was intolerant of anything that kept me from getting on with what I was doing**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 15. I felt I was close to panic**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 16. I was unable to become enthusiastic about anything**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

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

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 18. I felt that I was rather touchy**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 19. 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)**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 20. I felt scared without any good reason**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

*** 21. I felt that life was meaningless**

- ☐ Did not apply to me at all
- ☐ Applied to me to some degree, or some of the time
- ☐ Applied to me to a considerable degree or a good part of time
- ☐ Applied to me very much or most of the time

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