

Depression Anxiety and Stress Scale 21 (DASS-21)

Instructions: 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.

Arahan: Sila baca kenyataan dan bulatkan jawapan (skala markah 0, 1, 2 atau 3) yang menunjukkan keadaan anda seminggu yang lepas. Tidak ada jawapan betul atau salah. Jangan guna terlalu banyak masa untuk mana mana kenyataan.

填表说明：请小心阅读以下每一个句子，并在其右方圈上一数字，表示「过往一个星期」如何适用于你。答案并无对错之分。请不要花太多时间在某一句子上。

The rating scale is as follow:

Skala markah adalah seperti berikut:

评估量表：

0	Did not apply to me at all (NEVER)	<i>Tidak pernah</i>	不适用
1	Applied to me to some degree, or some of the time (SOMETIMES)	<i>Jarang</i>	颇适用，或间中适用
2	Applied to me to a considerable degree, or a good part of time (OFTEN)	<i>Kerap</i>	很适用，或经常适用
3	Applied to me very much, or most of the time (ALMOST ALWAYS)	<i>Sangat Kerap</i>	最适用，或常常适用

For Office Use

	Items	N	S	O	AA		D	A	S
1.	I found it hard to wind down <i>Saya rasa susah untuk bertenang.</i> 我觉得很难让自己安静下来	0	1	2	3				
2.	I was aware of dryness of my mouth <i>Saya sedar mulut saya kering</i> 我感到口干	0	1	2	3				
3.	I couldn't seem to experience any positive feeling at all <i>Saya seolah-olah tidak dapat mengalami perasaan positif sama sekali</i> 我好像不能有任何愉快、舒畅的感觉	0	1	2	3				
4.	I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion) <i>Saya mengalami kesukaran bernafas (contohnya, bernafas terlalu cepat, tercungap-cungap walaupun tidak melakukan aktiviti fizikal)</i> 我感到呼吸困难（例如不是做运动时或透不过气来）	0	1	2	3				
5.	I found it difficult to work up the initiative to do things <i>Saya rasa tidak bersemangat untuk memulakan sesuatu keadaan</i> 我感到很难自动去开始工作	0	1	2	3				
6.	I tended to over-react to situations <i>Saya cenderung bertindak secara berlebihan kepada sesuatu keadaan</i> 我对事情往往做出过敏反应	0	1	2	3				
7.	I experienced trembling (e.g., in the hands) <i>Saya pernah menggeletar (contohnya tangan)</i> 我感到颤抖（例如手震）	0	1	2	3				
8.	I felt that I was using a lot of nervous energy <i>Saya rasa saya terlalu gelisah</i> 我觉得自己消耗很多精神	0	1	2	3				
9.	I was worried about situations in which I might panic and make a fool of myself <i>Saya risau akan berlaku keadaan di mana saya panik dan berkelakuan bodoh</i> 我忧虑一些令自己恐慌或出丑的场合	0	1	2	3				
10	I felt that I had nothing to look forward to <i>Saya rasa tidak ada apa yang saya harapkan (putus harapan)</i> 我觉得自己对将来没有什么可盼望	0	1	2	3				

11	I found myself getting agitated <i>Saya dapati saya mudah resah</i> 我感到忐忑不安	0	1	2	3			
12	I found it difficult to relax <i>Saya merasa sukar untuk bertenang</i> 我感到很难放松自己	0	1	2	3			
13	I felt down-hearted and blue <i>Saya rasa muram dan sedih</i> 我感到忧郁沮丧	0	1	2	3			
14	I was intolerant of anything that kept me from getting on with what I was doing <i>Saya tidak boleh terima apa jua yang menghalangi saya daripada meneruskan apa yang saya sedang lakukan</i> 我无法容忍阻碍我继续工作的事情	0	1	2	3			
15	I felt I was close to panic <i>Saya rasa hampir panik</i> 我感到快要恐慌了	0	1	2	3			
16	I was unable to become enthusiastic about anything <i>Saya tidak bersemangat langsung</i> 我对任何事不能热衷	0	1	2	3			
17	I felt I wasn't worth much as a person <i>Saya rasa diri saya tidak berharga</i> 我觉得自己不怎么配做人	0	1	2	3			
18	I felt that I was rather touchy <i>Saya mudah tersinggung</i> 我发觉 I 级很容易被触怒	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) <i>Walaupun saya tidak melakukan aktiviti-aktiviti fizikal, saya sedar akan debaran jantung saya (contoh degupan jantung lebih cepat)</i> 我察觉自己在没有明显的体力劳动时，也感到心律不正常	0	1	2	3			
20	I felt scared without any good reason <i>Saya rasa takut tanpa sebab</i> 我无缘无故感到害怕	0	1	2	3			
21	I felt that life was meaningless <i>Saya rasa hidup ini tidak bererti lagi</i> 我感到生命毫无意义	0	1	2	3			

TOTAL

— — —

Depression Anxiety Stress Scales (DASS) Severity Rating

Note: the severity labels are used to describe the full range of scores in the population, so 'mild' for example means that the person is above the population mean but probably still way below the typical severity of someone seeking help (i.e., it does not mean a mild level of disorder).

The individual DASS scores do not define appropriate interventions. They should be used in conjunction with all clinical information available to you in determining appropriate treatment for any individual.

DASS 21 SCORE

	Depression	Anxiety	Stress
SCORE			

	Depression	Anxiety	Stress	Remark
Normal	0 -4	0- 3	0- 7	Healthy, no referral is needed.
Mild	5 -6	4- 5	8- 9	Changes in existing lifestyle may be suggested.
Moderate	7 - 10	6- 7	10 - 12	If stressors are temporary, no referral is needed. If there are identified prolonged stressors, kindly refer for professional help.
Severe	11 - 13	8- 9	13 - 16	Referral for professional help is needed.
Extremely Severe	14 +	10 +	17 +	Referral for professional help is very much needed.