

DASS

Navn:

Dato:

Læs hvert udsagn og sæt en cirkel om 0, 1, 2 eller 3, alt efter hvor rigtigt udsagnet er i forhold til din sidste uge. Der er ingen rigtige og forkerte svar. Brug ikke for meget tid på hvert udsagn.

Skalaen er som følger:

- 0 Det oplevede jeg slet ikke
- 1 Det oplevede jeg nogle få gange
- 2 Det oplevede jeg flere gange
- 3 Det oplevede jeg mange gange eller hele tiden.

1	Jeg fandt det vanskeligt at geare ned	0	1	2	3
2	Jeg følte mig tør i munden	0	1	2	3
3	Jeg havde ingen positive tanker/følelser	0	1	2	3
4	Jeg oplevede at det var vanskeligt at trække vejret (var fx stakåndet, hyperventilerede, hev efter vejret selvom jeg ikke var fysisk aktiv)	0	1	2	3
5	Jeg kunne ikke rigtig tage mig sammen til at gøre noget	0	1	2	3
6	Jeg var tilbøjelig til at overreagere i forskellige situationer	0	1	2	3
7	Jeg oplevede at jeg rystede (fx hænderne)	0	1	2	3
8	Jeg følte mig smånervøs det meste af tiden	0	1	2	3
9	Jeg bekymrede mig om fremtidige situationer, hvor jeg måske ville gå i panik og fremstille mig selv som et fjols	0	1	2	3
10	Jeg følte at jeg ikke havde noget at se frem til	0	1	2	3
11	Jeg blev relativt let oprevet	0	1	2	3
12	Jeg fandt det vanskeligt at slappe af	0	1	2	3
13	Jeg følte mig trist til mode	0	1	2	3
14	Jeg kunne ikke holde ud af blive afbrudt, når jeg var i gang med noget.	0	1	2	3
15	Jeg mærkede at jeg var tæt på at gå i panik	0	1	2	3
16	Jeg var ikke i stand til at blive begejstret for noget	0	1	2	3
17	Jeg følte at jeg ikke var ret meget værd som person	0	1	2	3
18	Jeg følte mig noget nærtagende	0	1	2	3
19	Jeg havde hjertebanken selvom jeg ikke var fysisk aktiv (eller hjertet sprang et slag over)	0	1	2	3
20	Jeg følte mig bange, selvom der ikke rigtig var nogen god grund til det	0	1	2	3
21	Jeg følte, at livet var meningsløst	0	1	2	3

DASS21

Name:

Date:

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.

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 (s)	I found it hard to wind down	0	1	2	3
2 (a)	I was aware of dryness of my mouth	0	1	2	3
3 (d)	I couldn't seem to experience any positive feeling at all	0	1	2	3
4 (a)	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5 (d)	I found it difficult to work up the initiative to do things	0	1	2	3
6 (s)	I tended to over-react to situations	0	1	2	3
7 (a)	I experienced trembling (e.g. in the hands)	0	1	2	3
8 (s)	I felt that I was using a lot of nervous energy	0	1	2	3
9 (a)	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10 (d)	I felt that I had nothing to look forward to	0	1	2	3
11 (s)	I found myself getting agitated	0	1	2	3
12 (s)	I found it difficult to relax	0	1	2	3
13 (d)	I felt down-hearted and blue	0	1	2	3
14 (s)	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15 (a)	I felt I was close to panic	0	1	2	3
16 (d)	I was unable to become enthusiastic about anything	0	1	2	3
17 (d)	I felt I wasn't worth much as a person	0	1	2	3
18 (s)	I felt that I was rather touchy	0	1	2	3
19 (a)	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 (a)	I felt scared without any good reason	0	1	2	3
21 (d)	I felt that life was meaningless	0	1	2	3

DASS-21 Scoring Instructions

The DASS-21 should not be used to replace a face to face clinical interview. If you are experiencing significant emotional difficulties you should contact your GP for a referral to a qualified professional.

Depression, Anxiety and Stress Scale - 21 Items (DASS-21)

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress.

Each of the three DASS-21 scales contains 7 items, divided into subscales with similar content. The depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. Scores for depression, anxiety and stress are calculated by summing the scores for the relevant items.

The DASS-21 is based on a dimensional rather than a categorical conception of psychological disorder. The assumption on which the DASS-21 development was based (and which was confirmed by the research data) is that the differences between the depression, anxiety and the stress experienced by normal subjects and clinical populations are essentially differences of degree. The DASS-21 therefore has no direct implications for the allocation of patients to discrete diagnostic categories postulated in classificatory systems such as the DSM and ICD.

Recommended cut-off scores for conventional severity labels (normal, moderate, severe) are as follows:

NB Scores on the DASS-21 will need to be multiplied by 2 to calculate the final score.

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