



## Depression Anxiety Stress Scales - 10 (DASS-10)

### Instructions:

Please read each statement and select the statement that indicates how much each item has 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

		Never	Sometimes	Often	Almost Always
1	I felt I was close to panic	0	1	2	3
2	I found it difficult to work up the initiative to do things	0	1	2	3
3	I felt down hearted and blue	0	1	2	3
4	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
5	I felt that I had nothing to look forward to	0	1	2	3
6	I felt scared without any good reason	0	1	2	3
7	I tended to over react to situations	0	1	2	3
8	I was worried about situations in which I might make a fool of myself	0	1	2	3
9	I found it difficult to relax	0	1	2	3
10	I couldn't seem to experience any positive feelings at all	0	1	2	3

### Developer Reference:

Halford, W. K., & Frost, A. D. J. (2021). Depression Anxiety Stress Scale-10: A Brief Measure for Routine Psychotherapy Outcome and Progress Assessment. *Behaviour Change: Journal of the Australian Behaviour Modification Association*, 1–14.  
<https://doi.org/10.1017/bec.2021.12>