



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	14 December 2010 (11)

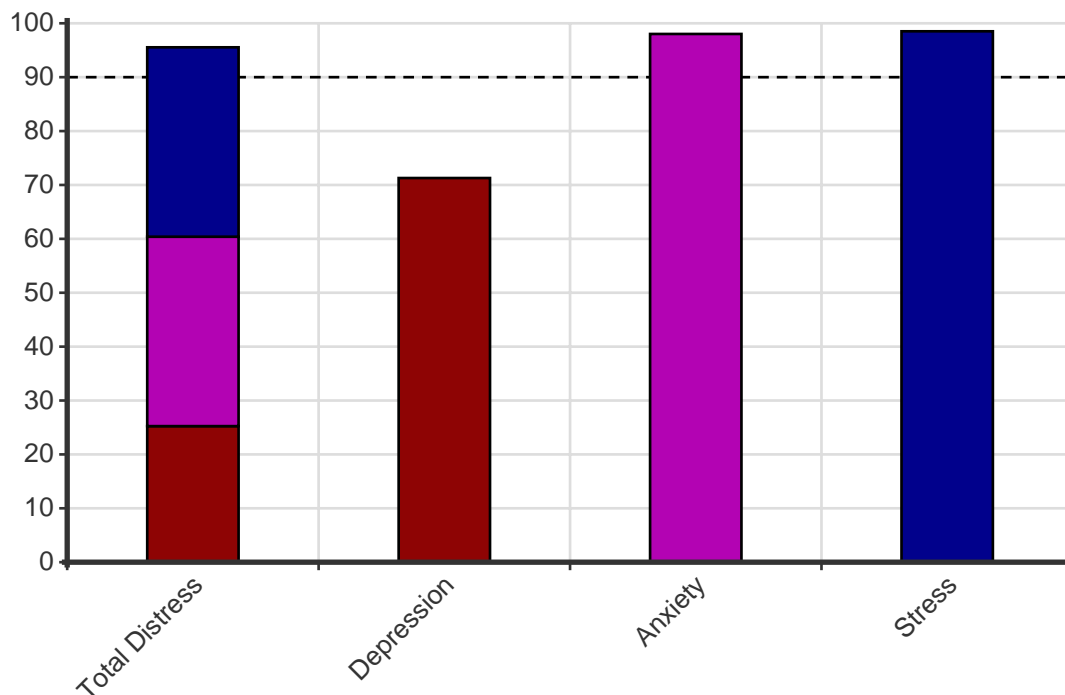
Assessment Information

<i>Assessment</i>	Depression Anxiety Stress Scales - Short Form (DASS-21)
<i>Date administered</i>	8 November 2022
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	0 minutes 53 seconds

Results

	Raw Score	Percentile	Descriptor
Total Distress	27	96.6	-
Depression	5	71.3	Mild
Anxiety	8	98.1	Severe
Stress	14	98.6	Severe

Percentiles



Scoring and Interpretation Information

Score are presented as a total score (between 0 and 63) and a score for the three subscales (between 0 and 21). In addition, percentiles and computed based on a community sample (Henrey &



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Scoring and Interpretation Information (cont.)

Crawford, 2005).

Scores for each subscale are categorised into five severity ranges: normal, mild, moderate, severe and extremely severe. 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 below the typical severity of someone seeking help (i.e. it does not mean a mild level of disorder).

Each of the three DASS-21 scales contains 7 items.

- Depression: dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. (Items 3, 5, 10, 13, 16, 17, 21)

- Anxiety: autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. (Items 2, 4, 7, 9, 15, 19, 20)

- Stress: levels of chronic nonspecific arousal, difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. (Items 1, 6, 8, 11, 12, 14, 18)

When administered more than once a graph is produced showing change in symptoms over time. Percentiles are graphed which indicate the level of symptoms compared to the general population. A percentile above 90 is indicative of significant psychological distress, while scores below the 90th percentile are more indicative of psychological health. However given the dimensional nature of psychological distress it may be more useful to consider even small changes in symptoms over time, rather than focusing on categorical

Client Responses

		Never	Sometimes	Often	Almost Always
1	I found it hard to wind down	0	1	2	3
2	I was aware of dryness of my mouth	0	1	2	3
3	I couldn't seem to experience any positive feeling at all	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3



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Client Responses (cont.)

		Never	Sometimes	Often	Almost Always
5	I found it difficult to work up the initiative to do things	0	1	2	3
6	I tended to over-react to situations	0	1	2	3
7	I experienced trembling (eg, in the hands)	0	1	2	3
8	I felt that I was using a lot of nervous energy	0	1	2	3
9	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10	I felt that I had nothing to look forward to	0	1	2	3
11	I found myself getting agitated	0	1	2	3
12	I found it difficult to relax	0	1	2	3
13	I felt down-hearted and blue	0	1	2	3
14	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15	I felt I was close to panic	0	1	2	3
16	I was unable to become enthusiastic about anything	0	1	2	3
17	I felt I wasn't worth much as a person	0	1	2	3
18	I felt that I was rather touchy	0	1	2	3
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)	0	1	2	3
20	I felt scared without any good reason	0	1	2	3
21	I felt that life was meaningless	0	1	2	3