



Depression Anxiety Stress Scales - Short Form (DASS-21)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	20 Feb 2024
<i>Date of birth (age)</i>	1 Jan 2000 (24)	<i>Time taken</i>	20s
<i>Assessor</i>	Dr David Hegarty		

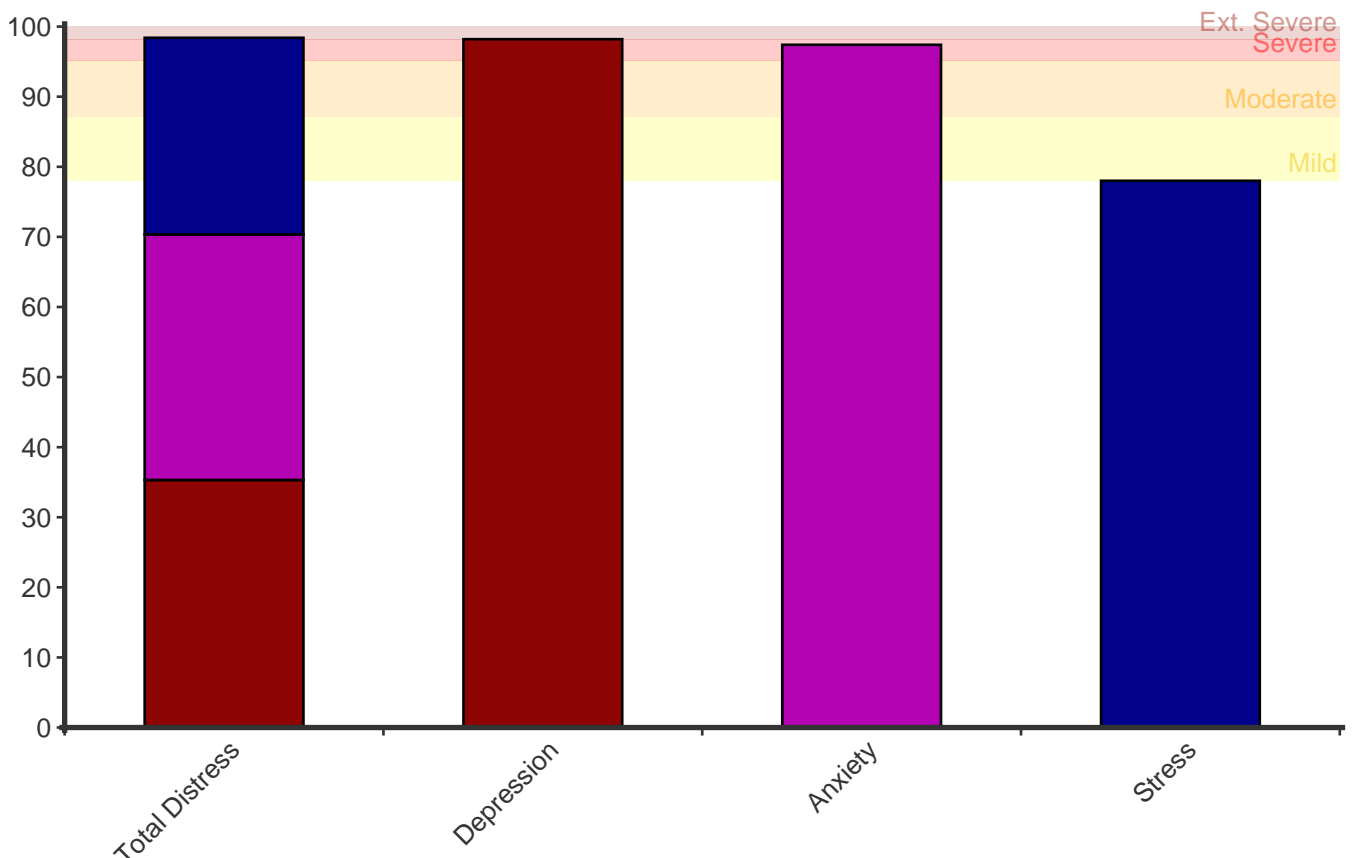
Results

	Raw Score	Percentile	Descriptor
Total Distress	30	98.4	Extremely Severe
Depression	14	98.2	Extremely Severe
Anxiety	9	97.4	Severe
Stress	7	78	Normal

Interpretation

The client's DASS-21 scores indicate that they are experiencing a clinically significant degree of psychological distress in the extremely severe range. In comparison to the other subscales, the client is experiencing an elevated degree of depression. The Depression subscale is in the extremely severe range. The Anxiety subscale is in the severe range.

DASS-21 Percentiles





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Scoring and Interpretation Information

For comprehensive information on the DASS-21, [see here](#).

Scores are presented as a total score (between 0 and 63) and a score for the three subscales (between 0 and 21). In addition, percentiles are computed based on a community samples (Henry & Crawford, 2005; Lovibond & Lovibond, 1995).

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). The severity levels are determined by z-scores from the DASS manual (Lovibond & Lovibond, 1995).

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

- Depression (Items 3, 5, 10, 13, 16, 17, 21)

Symptoms such as dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia.

- Anxiety (Items 2, 4, 7, 9, 15, 19, 20)

Symptoms such as physiological arousal and fear components of anxiety. It assesses autonomic arousal typical of anxiety, such as trembling, sweating, feelings of panic, and the fear of losing control. The anxiety items are intended to measure the respondent's experience of anxious arousal, and are not focussed on the worry typical of Generalised Anxiety Disorder.

- Stress (Items 1, 6, 8, 11, 12, 14, 18)

Chronic symptoms of non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive, and impatient. Stress items are focused on the respondent's state of tension and chronic general arousal, capturing how much the respondent feels overburdened or overwhelmed by life's stressors.

The primary difference between the stress and anxiety subscales lies in anxiety's focus on acute responses and stress's focus on chronic tension. Anxiety is more about the immediate, physiological response to perceived threats, involving fear and the body's fight-or-flight reaction. Stress, on the other hand, encompasses a broader, more sustained response to ongoing demands that exceed an individual's resources and coping mechanisms, leading to difficulties relaxing.

On first administration a bar graph is presented showing the percentiles for general psychological distress (the total score, labelled as 'Total Distress') and the three subscales.

When administered more than once, two graphs are produced showing change in symptoms over time. Firstly, the DASS-21 total score (indicative of general psychological distress) is plotted to show change over time. The use of raw score emphasise the visual representation of change for extremely severe levels of distress which might otherwise be obscured by little apparent change in percentile terms. The maximum and minimum values on the y-axis of this plot will change dependent upon the scores, so the y-axis might present as truncated to enhance the practitioner's ability to observe change in these scores.

The subscale percentiles are graphed over time, with the plot indicating the level of symptoms



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

compared to the general population. The y-axis for this plot may be truncated, dependent upon the scores for the client, to enhance the ability of the practitioner to observe changes. 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 differences.

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
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



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Client Responses (cont.)

		Never	Sometimes	Often	Almost Always
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