

Dysfunctional Attitude Scale (DAS)

The Dysfunctional Attitude Scale (DAS) is a self-report questionnaire designed to assess the negative beliefs and cognitive schemas associated with depression according to Beck's cognitive model. It identifies the rigid and unrealistic thought patterns that can make individuals vulnerable to depression or to the persistence of depressive symptoms.

Number of questions	40 questions
Estimated duration	10 minutes
Language	English
Original name	Dysfunctional Attitudes Scale
Target audience	Adults
Authors	Aaron T. Beck, Arthur J. Weissman (1978)
Category	Depression

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View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated from 1 to 7, according to the degree of agreement with the statement. Total scores are calculated by summing the responses to each item (some items are reverse-scored). A high score reflects the presence of pronounced dysfunctional attitudes. Interpretation is based on cutoffs defined in the literature to distinguish at-risk profiles.

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