

Depression Anxiety Stress Scales (DASS-21)

The DASS-21 is a psychological assessment tool that measures an individual's levels of depression, anxiety, and stress. It is used to assess these conditions in adults and is often used in clinical and research settings to track changes in symptoms.

Number of questions	21 questions
Estimated duration	5 minutes
Language	English
Original name	Depression, Anxiety and Stress Scale
Authors	Lovibond, S.H. & Lovibond, P.F. (1995)
Category	Depression, Anxiety, Stress

Preview of the 21 questions

Over the past week,

I found it hard to wind down.

Did not apply to me at all | Applied to me to some degree, or some of the time | Applied to me to a considerable degree or a good part of time | Applied to me very much or most of the time

Over the past week,

I was aware of dryness of my mouth.

Did not apply to me at all | Applied to me to some degree, or some of the time | Applied to me to a considerable degree or a good part of time | Applied to me very much or most of the time

Over the past week,

I couldn't seem to experience any positive feeling at all.

Did not apply to me at all | Applied to me to some degree, or some of the time | Applied to me to a considerable degree or a good part of time | Applied to me very much or most of the time

Over the past week,

I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).

Did not apply to me at all | Applied to me to some degree, or some of the time | Applied to me to a considerable degree or a good part of time | Applied to me very much or most of the time

Over the past week,

I found it difficult to work up the initiative to do things.

Did not apply to me at all | Applied to me to some degree, or some of the time | Applied to me to a considerable degree or a good part of time | Applied to me very much or most of the time

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Responses are based on Likert scales from 0 to 3. The score for each subscale (depression, anxiety, stress) is calculated by adding the scores of the corresponding items. Higher scores indicate higher levels of emotional distress.

Scoring example

Scoring

Depression score: 9/21

0 — 4	Normal
5 — 6	Mild
7 — 10	**Moderate** ◀ 9
11 — 13	Severe
14 — 21	Extremely severe

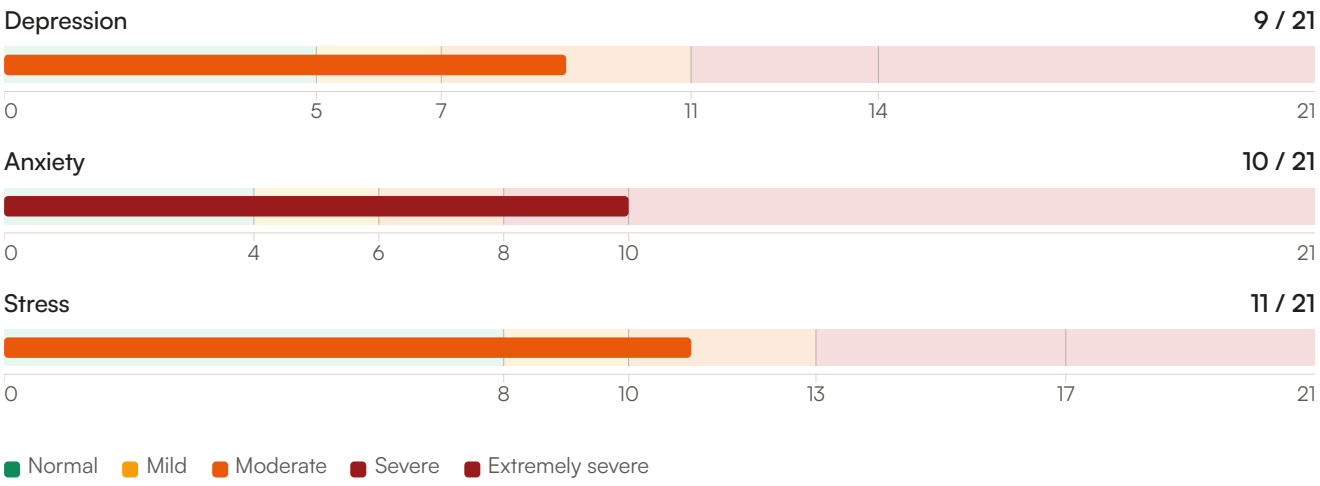
Anxiety score: 10/21

0 — 3	Normal
4 — 5	Mild
6 — 7	Moderate

8 — 9	Severe
10 — 21	**Extremely severe** ◀ 10

Stress score: 11/21

0 — 7	Normal
8 — 9	Mild
10 — 12	**Moderate** ◀ 11
13 — 16	Severe
17 — 21	Extremely severe



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