

Depression Anxiety Stress Scales (42-item version) (DASS-42)

The DASS-42 is a psychometric self-report instrument for assessing depression, anxiety and stress in adults. It comprises three distinct subscales, each composed of 14 items, allowing a detailed and separate assessment of these three dimensions of psychological distress.

Number of questions	42 questions
Estimated duration	10 minutes
Language	English
Original name	Depression Anxiety Stress Scales (42-item version)
Target audience	Adults
Authors	S.H. Lovibond, P.F. Lovibond (1995)
Category	Depression, Anxiety, Stress

Preview of the 42 questions

I caught myself getting worked up over fairly insignificant things

Never | Sometimes | Often | Almost always

I noticed that my mouth was dry

Never | Sometimes | Often | Almost always

It seemed impossible for me to feel a positive emotion

Never | Sometimes | Often | Almost always

I had breathing difficulties (e.g., breathing too fast, shortness of breath without physical effort)

Never | Sometimes | Often | Almost always

I simply couldn't get started

Never | Sometimes | Often | Almost always

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

Each item is scored from 0 ('Did not apply to me at all') to 3 ('Applied to me very much, or most of the time'). Scores are summed for each subscale (depression, anxiety, stress). The raw scores can then be interpreted using the cutoff tables provided in the test manual, which locate the severity (normal, mild, moderate, severe, extremely severe) of each dimension.

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Laura V. - Online Psychologist