

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. The rating scale is as follows:

0 Did not apply to me at all - **NEVER (N)**

1 Applied to me to some degree, or some of the time - **SOMETIMES (S)**

2 Applied to me to a considerable degree, or a good part of time - **OFTEN (O)**

3 Applied to me very much, or most of the time - **ALMOST ALWAYS (AA)**

DASS 21

	N	S	O	AA	DEPRESSION	ANXIETY	STRESS
I found it hard to wind down	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was aware of dryness of my mouth	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I couldn't seem to experience any positive feeling at all	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found it difficult to work up the initiative to do things	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I tended to over-react to situations	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I experienced trembling (e.g. in the hands)	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that I was using a lot of nervous energy	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was worried about situations in which I might panic and make a fool of myself	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that I had nothing to look forward to	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found myself getting agitated	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found it difficult to relax	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt down-hearted and blue	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I was close to panic	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was unable to become enthusiastic about anything	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I wasn't worth much as a person	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that I was rather touchy	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt scared without any good reason	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that life was meaningless	0	1	2	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTALS					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
add each vertical column, so you have a separate score for Depression, Anxiety and Stress					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DASS 21

The Depression, Anxiety and Stress Scale - 21 Items (DASS21) is a set of three self-report scales designed to quantitatively measure the emotional states of depression, anxiety and stress.

YOUR	DEPRESSION	ANXIETY	STRESS
DASS 21 SCORES			

Your GP may utilise it in a clinical setting, in conjunction with a history and relevant investigations, to assist in diagnosis formulation and outcome monitoring. It's important to note, no questionnaire replaces face-to-face consultation and care.

For clinical purposes it can be helpful to characterise degree of severity relative to the population. Thus the following cut-off scores have been developed for defining mild/moderate/severe/extremely severe scores for each DASS scale.

	DEPRESSION	ANXIETY	STRESS
Normal	0 - 4	0 - 3	0 - 7
Mild	5 - 6	4 - 5	8 - 9
Moderate	7 - 10	6 - 7	10 - 12
Severe	11 - 13	8 - 9	13 - 16
Extremely Severe	14 +	10 +	17 +



First Steps to Overcoming Depression and Anxiety, is here - a self-directed, GP-led mental health program, building knowledge, confidence, and skills to help you get on the path to living life as the best version of yourself. We know that wait times to see a psychologist aren't ideal. So, while you wait, we're here to build foundational skills in cognitive behavioural therapy, problem-solving therapy, and mindfulness. We want you to understand your condition so that you can ditch the guilt and move forward with pro-action and compassionate self-care... all with the aim of giving you a head start to feeling better ASAP.

We know how busy you are. Our program can be completed in the comfort of your living room in a few hours over the weekend. Share in TheCloudGP excitement and spread the word to family, friends, and your health team. Checkout our website at www.thecloudgp.com.au or follow us on Instagram @thecloudgp to stay across the release of our free support resources.