DASS-21 Test

Depression Anxiety Stress Scales, 21-item version · a screening tool, not a diagnosis

Name: Date:

Please read each statement and tick 0, 1, 2 or 3 to show how much it applied to you **over the past week**. There are no right or wrong answers. Do not spend too much time on any statement.
0 Did not apply to me at all · **1** Applied to me to some degree, or some of the time · **2** Applied to me to a considerable degree, or a good part of time · **3** Applied to me very much, or most of the time

	Over the past week…	Scale	0	1	2	3
1.	I found it hard to wind down	S	☐ 0	☐ 1	☐ 2	☐ 3
2.	I was aware of dryness of my mouth	A	☐ 0	☐ 1	☐ 2	☐ 3
3.	I couldn't seem to experience any positive feeling at all	D	☐ 0	☐ 1	☐ 2	☐ 3
4.	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	A	☐ 0	☐ 1	☐ 2	☐ 3
5.	I found it difficult to work up the initiative to do things	D	☐ 0	☐ 1	☐ 2	☐ 3
6.	I tended to over-react to situations	S	☐ 0	☐ 1	☐ 2	☐ 3
7.	I experienced trembling (eg, in the hands)	A	☐ 0	☐ 1	☐ 2	☐ 3
8.	I felt that I was using a lot of nervous energy	S	☐ 0	☐ 1	☐ 2	☐ 3
9.	I was worried about situations in which I might panic and make a fool of myself	A	☐ 0	☐ 1	☐ 2	☐ 3
10.	I felt that I had nothing to look forward to	D	☐ 0	☐ 1	☐ 2	☐ 3
11.	I found myself getting agitated	S	☐ 0	☐ 1	☐ 2	☐ 3
12.	I found it difficult to relax	S	☐ 0	☐ 1	☐ 2	☐ 3
13.	I felt down-hearted and blue	D	☐ 0	☐ 1	☐ 2	☐ 3
14.	I was intolerant of anything that kept me from getting on with what I was doing	S	☐ 0	☐ 1	☐ 2	☐ 3
15.	I felt I was close to panic	A	☐ 0	☐ 1	☐ 2	☐ 3
16.	I was unable to become enthusiastic about anything	D	☐ 0	☐ 1	☐ 2	☐ 3
17.	I felt I wasn't worth much as a person	D	☐ 0	☐ 1	☐ 2	☐ 3
18.	I felt that I was rather touchy	S	☐ 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)	A	☐ 0	☐ 1	☐ 2	☐ 3
20.	I felt scared without any good reason	A	☐ 0	☐ 1	☐ 2	☐ 3
21.	I felt that life was meaningless	D	☐ 0	☐ 1	☐ 2	☐ 3

D total ____ × 2 = ____

A total ____ × 2 = ____

S total ____ × 2 = ____

What your scores suggest (after multiplying by 2)

Severity	Depression (D)	Anxiety (A)	Stress (S)
Normal	0–9	0–7	0–14
Mild	10–13	8–9	15–18
Moderate	14–20	10–14	19–25
Severe	21–27	15–19	26–33
Extremely severe	28+	20+	34+

Take it online with instant scores: anxietychecklist.com/anxiety-test/dass-21 · If you ever feel unsafe: anxietychecklist.com/gethelpnow

DASS-21 by Lovibond, S.H. & Lovibond, P.F. (1995), Manual for the Depression Anxiety Stress Scales, Psychology Foundation of Australia.
 Severity ranges from the DASS manual.