

Depression Anxiety Stress Scales (DASS 21)

Saya sulit untuk ditenangkan	0	1	2	3
Saya merasa mulut saya kering	0	1	2	3
Saya tidak dapat merasakan perasaan yang positif	0	1	2	3
Saya mengalami kesulitan bernafas	0	1	2	3
Saya sulit mendapatkan semangat untuk melakukan sesuatu	0	1	2	3
Saya cenderung bertindak berlebihan	0	1	2	3
Saya mengalami gemeteran pada tangan	0	1	2	3
Saya merasakan menggunakan banyak energi untuk cemas	0	1	2	3
Saya merasa khawatir terhadap situasi yang membuat saya panik dan melakukan hal yang bodoh	0	1	2	3
Saya merasa tidak memiliki masa depan	0	1	2	3
Saya merasa semakin gelisah	0	1	2	3
Saya sulit untuk rileksasi	0	1	2	3
Saya merasa sedih dan murung	0	1	2	3
Saya merasa tidak sabar terhadap sesuatu yang membuat saya bertahan dengan apa yang telah saya lakukan	0	1	2	3
Saya mudah menjadi panik	0	1	2	3
Saya tidak antusias terhadap sesuatu	0	1	2	3
Saya merasa tidak berharga	0	1	2	3
Saya mudah tersentuh	0	1	2	3
Saya merasakan kerja jantung saya	0	1	2	3
Saya merasa takut tanpa alasan yang jelas	0	1	2	3
Saya merasa hidup ini tidak berarti	0	1	2	3

DASS21

Name:

Date:

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. Do not spend too much time on any statement.

The rating scale is as follows:

- 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

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

Interpreting of The DASS Score

Each question is assigned to either a depression, anxiety or stress score. The total scores for each category should be multiplied by 2 and compared with the table below.

Apply template to both sides of sheet and sum scores for each scale. For short (21-item) version, multiply sum by 2.

Question	Disorder	Question	Disorder	Question	Disorder
1	Stress	8	Stress	15	Anxiety
2	Anxiety	9	Anxiety	16	Depression
3	Depression	10	Depression	17	Depression
4	Anxiety	11	Stress	18	Stress
5	Depression	12	Stress	19	Anxiety
6	Stress	13	Depression	20	Anxiety
7	Anxiety	14	Stress	21	Depression

Meaning	Depression	Anxiety	Stress
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+