

DASS21

NAME: _____

DATE: _____

Please read each statement and circle a number 0, 1, 2, or 3 that 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. (Sometimes)
- 2 Applied to me to a considerable degree, or a good part of the time. (Frequently)
- 3 Applied to me very much. (Most of the Time)

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|--|---|---|---|---|
| 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 (like excessively rapid breathing, or a 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 experience trembling (like in my 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 (like your heart missing a beat, or heart rate increasing). | 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 |