

### DASS Questionnaire

(Reference: Loribond et al. The structure of negative emotional stress; comparison of the DASS with the Beck Inventories. Beh. Res. Ther 1995; 33: 335-342)

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.

**0... Did not apply to me at all**

**1... Applied to me some degree or some of the time**

**2... Applied to me a considerable degree, or a good part of the time**

**3... Applied to me very much, or most of the time**

S	I found it hard to wind down	0	1	2	3
A	I was aware of dryness in my mouth	0	1	2	3
D	I could not seem to experience any feeling at all	0	1	2	3
A	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
D	I found it difficult to work up the initiative to do things	0	1	2	3
S	I tended to over-react to situations	0	1	2	3
A	I experienced trembling (e.g. in the hands)	0	1	2	3
S	I felt that I was using a lot of nervous energy	0	1	2	3
A	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
D	I felt that I had nothing to look forward to	0	1	2	3
S	I found myself getting agitated	0	1	2	3
S	I found it difficult to relax	0	1	2	3
D	I felt down-hearted and blue	0	1	2	3
S	I felt intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
A	I felt I was close to panic	0	1	2	3
D	I was unable to become enthusiastic about anything	0	1	2	3
D	I felt I was not worth much as a person	0	1	2	3
S	I felt I was rather touchy	0	1	2	3
A	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
A	I felt scared without any good reason	0	1	2	3
D	I felt that life was meaningless	0	1	2	3

S= \_\_\_\_\_

D= \_\_\_\_\_

A= \_\_\_\_\_