

Table 6. Depression Anxiety Stress Scales (DASS)

Depression Anxiety Stress Scales (DASS))	
Item	
1.	I found myself getting upset by quite trivial things
2.	I was aware of dryness of my mouth
3.	I was aware of dryness of my mouth
4.	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)
5.	I just couldn't seem to get going
6.	I tended to over-react to situations
7.	I had a feeling of shakiness (eg, legs going to give way)
8.	I found it difficult to relax
9.	I found myself in situations that made me so anxious I was most relieved when they ended
10	I felt that I had nothing to look forward to
11	I found myself getting upset rather easily
12	I felt that I was using a lot of nervous energy
13	I felt sad and depressed
14	I found myself getting impatient when I was delayed in any way (eg, elevators, traffic lights, being kept waiting)
15	I had a feeling of faintness
16	I felt that I had lost interest in just about everything
17	I felt I wasn't worth much as a person
18	I felt that I was rather touchy

---

Depression Anxiety Stress Scales (DASS))

---

Item

---

- 19 I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion
- 20 I felt scared without any good reason
- 21 I felt that life wasn't worthwhile
- 22 I found it hard to wind down
- 23 I had difficulty in swallowing
- 24 I couldn't seem to get any enjoyment out of the things I did
- 25 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)
- 26 I felt down-hearted and blue
- 27 I found that I was very irritable
- 28 I felt I was close to panic
- 29 I found it hard to calm down after something upset me
- 30 I feared that I would be "thrown" by some trivial but unfamiliar task
- 31 I was unable to become enthusiastic about anything
- 32 I found it difficult to tolerate interruptions to what I was doing
- 33 I was in a state of nervous tension
- 34 I felt I was pretty worthless
- 35 I was intolerant of anything that kept me from getting on with what I was doing
- 36 I felt terrified
- 37 I could see nothing in the future to be hopeful about
- 38 I felt that life was meaningless

---

Depression Anxiety Stress Scales (DASS))

---

Item

---

- 39 I found myself getting agitated
- 40 I was worried about situations in which I might panic and make a fool of myself
- 41 I experienced trembling (eg, in the hands)
- 42 I found it difficult to work up the initiative to do things

---

Lovibond, S. H., & Lovibond, P. F. (1995). *Depression Anxiety Stress Scales (DASS--21, DASS--42)* [Database record]. APA PsycTests. <https://doi.org/10.1037/t01004-000>