

## DASS Questionnaire

(Reference: Loribond et al. The structure of negative emotional states; 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 *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 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 of 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 was 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 that 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= \_\_\_\_\_