

<b>DASS</b> <sup>21</sup>	<i>Name:</i> _____	<i>Date:</i> _____
<p>Please read each statement and circle a number 0, 1, 2, or 3 which indicates how much the statement applied to you <i>over the last week</i>. There are no right or wrong answers. Do not spend too much time on any statement.</p> <p>The rating scale is as follows:</p> <p>0 Did not apply to me at all</p> <p>1 Applied to me to some degree, or some of the time</p> <p>2 Applied to me to a considerable degree, or a good part of the time</p> <p>3 Applied to me very much, or most of the time</p>		

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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 (e.g., excessively rapid breathing, breathlessness in the absense 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 (e.g., 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 |

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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 (e.g., 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